



**KINE 1306**

**FIRST AID**

**Spring 2023 - GPC 108 - T/TH 9:30-10:45am**

**Dr. Shanna U. Moody, Ed.D.**  
**Assistant Professor - Kinesiology**

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Or by appointment (<https://calendly.com/shanna-moody>)  
**Required Text:** N/A

**Permanent link to syllabus:** HB2504 website - <https://srinfo.sulross.edu/fs/sum20gg>

### **Purpose of the Course**

The purpose of this course is to provide an in-depth study of the principles of safety and first aid.

### **Course Description**

The primary purpose of this American Red Cross course is to provide the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. Lessons will provide comprehensive first aid, CPR, and AED training to recognize and respond to cardiac, breathing and first aid emergencies. **The student will be able to become a Certified Professional Rescuer through this course.**

### **Course Student Learning Objectives**

The objectives of this course will be met through an integrated teaching style that will include discussions, quizzes, PowerPoint presentations and skill demonstrations. Students will be encouraged to remain actively involved in class and will be responsible for reading all assigned materials for class. Upon successful completion of this course students will:

- Be able to recognize an emergency and respond appropriately.
- Identify how to reduce the risk of disease transmission when giving care.
- Recognize the signs and symptoms of life threatening and non-life threatening emergencies.
- Demonstrate: first aid, CPR, breathing emergency care, choking for conscious and unconscious victims, spinal injury care, and AED use.
- Identify special considerations for care in drug, water, disaster, remote, and wilderness situations.

### **Certification Requirements**

In order to successfully complete the course and receive certification, students must:

- Attend and participate in all class sessions.
- Participate in all skill sessions.
- Demonstrate competency on all required skills and scenarios.
- Pass each section of the knowledge exam with a score of 80% or better.
- Pay the American Red Cross fee of \$40

### **Certificate Issued and Validity Period**

Upon successful completion of the course and payment of \$40 fee, students will receive an American Red Cross certificate via email. CPR/AED/First Aid for the Professional Rescuer certificates are **valid for 2 years** from the date of course completion.

### **Physical Education Standards**

#### Standard III

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.

#### Standard X

The physical education teacher understands the legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, matching participants, safety, first aid, and risk management.

### **Marketable Skills**

The following marketable skills are achieved in this course:

1. Students acquire communication skills.
2. Students acquire collaboration skills.
3. Students demonstrate creativity and problem solving skills.
4. Students demonstrate critical thinking skills.

## **Program Learning Outcomes**

### 1. SLO 1 - Knowledge of Human Cultures and the Physical and Natural World

Through study in the areas of Exercise Science, Sport Management, K-12 Physical Education, Sport Psychology, and other sport, health, wellness, and fitness related academic foci. Students will demonstrate written comprehensive competency

### 2. SLO 2 - Integrative and Applied Learning, including:

Synthesis and advanced accomplishment across specialized studies. Integrative learning is an understanding and a disposition that a student builds across the curriculum and co-curriculum, from making simple connections among ideas and experiences to synthesizing and transferring learning to new, complex situations within and beyond the campus. This integration is demonstrated through the application of knowledge, skills, and responsibilities to new and familiar settings and through addressing complex problems in Kinesiology-related areas.

3. SLO 3 - Intellectual and Practical Skills. Practiced extensively, across the Kinesiology curricula, in the context of progressively more challenging problems, projects, and standards for performance.

A) Critical thinking. Critical thinking is a habit of mind characterized by the comprehensive exploration of issues, ideas, artifacts, and events before accepting or formulating an opinion or conclusion.

B) Written communication. Written communication is the development and expression of ideas in writing. Written communication involves learning to work in many genres and styles. It can involve working with many different writing technologies, and mixing texts, data, and images. Written communication abilities develop through iterative experiences across the curriculum.

C) Oral communication. Oral communication is a prepared, purposeful presentation designed to increase knowledge, to foster understanding, or to promote change in the listeners' attitudes, values, beliefs, or behavior.

D) Teamwork. Teamwork is behaviors under the control of individual team members (effort they put into team tasks, their manner of interacting with others on team, and the quantity and quality of contributions they make to team discussions.)

## **Style Of Teaching:**

The objectives of this course will be met through an integrated teaching style that will include in-class lecture, presentations, class activities, labs, and homework assignments. Students will be encouraged to remain actively involved in class discussions and skill sessions and will be responsible for reading all assigned material for this class. This class includes an online blackboard component that is required. No assignments shall be accepted via email and all assignments shall be turned in on blackboard or during class.

## **Attendance and Participation**

**Attendance for class is mandatory.** Every class day is a grade. You will receive 100% credit for being on time and actively participating in class discussions and activities.

## All Course Requirements Deadline

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of Wednesday in Week 15 at 11:59pm to be counted for credit towards the final letter grade. There will be no exceptions to this policy. Late deductions will apply as per policy below.

## Late Work Policy

Late work will be accepted. However, each late assignment will be subject to a 10% grade reduction.

## GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Outcome Measure	Points Per Item	Number of Items	Available Points	Percentage of Grade
Class Participation	9	22	200	20%
Certifications	25	8	200	20%
Chapter Quizzes	10	20	200	20%
Knowledge Exams	50	2	100	10%
Skills Tests	50	2	100	10%
Project/Final Exam	200	1	200	20%
<b>Total/Final Grade*</b>	-	-	<b>1000</b>	<b>100%</b>

\*Letter Grading as per SRSU policy will be used in this course.

**Be sure to complete all assignments by the due date to avoid penalty.**

### Extra Credit

You can receive up to 50 points extra credit on your final grade in class. Extra Credit is awarded for every 4 additional NFHS Certifications (25 points/4) you turn in, with a maximum of 8 (50 points).

**I. Class Participation** Attendance and active participation is required to earn daily credit.

**II. Chapter Quizzes** 23 units - Due by start of class every Tuesday (on blackboard)

**III. Certifications** Five (5) available. Four online certifications from NFHS are required. Additionally, completion of either Naloxone certification **or** *Chasing the Dragons* movie write up

**IV. Knowledge Exams** Two (2) tests will be given and one final exam (on blackboard)

**V. Skills Tests** Two (2) skills tests will be administered. You will sign up for specific time slots to demonstrate your skills in pairs to the instructor. A rubric will be provided.

**VI. Final Exam/Project** Details will be provided during the course.

## CERTIFICATIONS

### For NFHS Certifications:

- Go to the website below.
- Create a free account.
- Select the Certification and add it to your cart.
- Check out (it is free, no CC is required but you still must go through the process).
- Go to your certifications folder on the NFHS site and complete the course.
- Once your certification is complete download your certificate to your computer.
- Upload the certificate here by the due date for full credit.

1. The Collapsed Athlete - free

<https://nfhslearn.com/courses/the-collapsed-athlete>

2. Sudden Cardiac Arrest - free

<https://nfhslearn.com/courses/sudden-cardiac-arrest>

3. ACL Injury Prevention - free

<https://nfhslearn.com/courses/acl-injury-prevention>

4. Concussion in Sports - free

<https://nfhslearn.com/courses/concussion-in-sports-2>

5. Heat Illness Prevention - free

<https://nfhslearn.com/courses/heat-illness-prevention-2>

6. Opioid Overdose Training to use Naloxone - \$10

<https://www.getnaloxonenow.org/#gettraining>

7. Wilderness First Aid - \$35

<https://survivalmedonline.org/product/wilderness-first-aid-southwest-us/>

-OR-

5 day WFR (Wilderness First Responder) Certification through Campus Recreation

- \$800 April 12-16

8. Active Shooter Training - Free

<https://epicourses.com/product/active-shooter-response-training-2022-free/>

9. CPR/AED with First Aid for Professional Rescuers - \$40

Pass final exam with 80% and submit permanent email & phone # at end of course

Week	Dates	Textbook	Content	Due
1	1/19/23	Chapter 1	A. Intro & If Not You...Who?	
2	1/24-1/26	Chapters 2-3	A. Responding & Before Giving Care	Quiz 1-3 <a href="#">Collapsed Athlete Cert</a>
3	1/31-2/2 <i>Last day to drop</i>	Chapter 4-5	A. The Human Body B. Checking the Responsive Person	Quiz 4-5
4	2/7-2/9	Chapter 7	A. Rescue Breathing B. Choking	Quiz 7
5	2/14-2/16	Chapters 6	A. Heart Attack & Cardiac Arrest B. CPR	Quiz 6 <a href="#">Cardiac Cert</a>
6	2/21-2/23	Ch. 6 cont'd	A. AED	n/a
7	2/28-3/2	Test #1	A. Skills Test #1 B. Cont'd	<a href="#">Online &amp; Skills Test #1</a>
8	3/7-3/9	Chapters 8-9	A. Bleeding & Shock B. Soft Tissue Injuries	Quiz 8-9
9	3/14-3/16		<b>SPRING BREAK</b>	
10	3/21-3/23 <i>2nd 8 week</i>	Chapters 10-11	A. Musculoskeletal Injuries B. Splinting	Quiz 10-11 <a href="#">ACL Cert</a>
11	3/28-3/30	Chapters 12&14	A. Injuries to the Extremities/splinting B. Chest, Abdomen & Pelvis Injuries	Quiz 12&14 <a href="#">Concussion Cert.</a>
12	4/4-4/6 <i>Register for summer/fall</i>	Chapters 13 & 15	A. Head Neck & Spinal Injuries B. Sudden Illness	Quiz 13&15
13	4/11-4/13 <i>Graduation application deadline</i>	Chapters 16-17	A. Poisoning B. Bites & Stings	Quiz 16&17
14	4/18-4/20	Chapters 19 & 20	A. Heat & Cold Illnesses B. Water Emergencies	Quiz 19 &20 <a href="#">Heat Illness Cert</a>
15	4/25-4/27	Test #2	A. Skills Test #2 B. Cont'd	<a href="#">Online &amp; Skills Test #2</a>
16	5/2	Ch. 18 & 22	A. Substance Abuse & Misuse B. Childbirth/Wilderness/Special C. Last class day	<a href="#">Naloxone Cert/Movie Wilderness Cert</a> <i>*No late work accepted after this day</i>
*	5/5	Review for Final	A. TAKE FINAL EXAM ON BB B. <a href="#">(PD active shooter training)</a>	<b>5/19 Graduation</b>

# UNIVERSITY POLICIES

## **Accidents & Injuries**

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience-related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

## **Professional Development**

All undergraduate Kinesiology majors are required to participate in continuing education activities outside of the classroom. Students must complete a total of 20 Professional Development points (PD points) prior to enrolling in Internship or Student Teaching. See the Kinesiology webpage for detailed information.

## **ADA Statement**

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with the Americans with Disabilities Act (ADA) of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations must contact Mary Schwartz Grisham M.Ed., LPC, Accessibility Services Coordinator at 432.837.8203 (please leave a message and your call will be returned as soon as possible during business hours), or email [mschwartz@sulross.edu](mailto:mschwartz@sulross.edu). The office is located on the first floor of Ferguson Hall (Suit 112). Mailing address - PO Box C122 Sul Ross State University, Alpine, Texas, 79832.

## **SRSU Library Info**

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email ([srsulibrary@sulross.edu](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

## **Academic Integrity Statement**

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

## **Classroom Climate of Respect**

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

### **Diversity Statement**

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

### **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

### **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.