SR | SUL ROSS
KINESIOLOGY DEPARTMENT

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KINE 1306
FIRST AID
Fall 2025 - GPC 108 - T/TH 9:30-10:45am

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Mary Powers, M.S.

Lecturer in Kinesiology and Human Performance

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Office Hours:	M/W 9-11am or by appointment
Required Text:	N/A PowerPoints and Text Provided by Instructor via Blackboard

Permanent link to syllabus:

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 $70

Certificate Issued and Validity Period
Upon successful completion of the course and payment of $70 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/Attendance			100	10%
Certifications	30	7	200	20%
Chapter Quizzes	10	20	200	20%
Knowledge Exams	10	1	100	10%
Skills Tests	100	1	100	10%
Project/Final Exam	200	1	200	20%
Total/Final Grade*	**-**	**-**	**900**	**100%**

*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.**==

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 Seven (7) available.

IV. Knowledge Exams One (1) tests will be given and one final exam (on blackboard)

V. Skills Tests One (1) 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.

AI Policy:
The University does not recommend or endorse any specific AI tools or resources. Students should be aware that many generative AI tools (e.g., ChatGPT, Google Gemini, Microsoft Copilot) store user input and may use this data to train future models. For this reason, students should never upload or share personal, confidential, or identifiable information—such as names, ID numbers, health data, or assignment submissions containing such details—into any generative AI platform. When using AI tools, students should verify whether the tool complies with student privacy standards as indicated by the University. Faculty may recommend specific tools that better align with institutional data privacy policies, but ultimate responsibility for data protection rests with users. Students are encouraged to use faculty-recommended platforms when engaging in coursework involving generative AI. The University is not liable for any adverse experience or impact when students interact with these tools.

CERTIFICATIONS

1. The Collapsed Athlete - free
   https://survivalmedonline.org/product/wilderness-first-aid-southwest-us/

2. Sudden Cardiac Arrest - free
   https://survivalmedonline.org/product/wilderness-first-aid-southwest-us/

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

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

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 Schwartze 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 mschwartze@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. 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), 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.

Regarding Artificial Intelligence:

The Sul Ross State University Kinesiology Department is committed to upholding the highest standards of academic integrity and excellence. As artificial intelligence (AI) tools become increasingly accessible, we recognize their potential as valuable resources for learning and innovation. However, it is imperative that students use AI tools ethically and responsibly.

The improper use of AI in assignments, including but not limited to, generating content without proper attribution, submitting AI-generated work as one's own, or using AI tools to circumvent the learning process, constitutes academic dishonesty. Such actions undermine the educational goals of our programs and violate the University's Code of Conduct.

Students found to be improperly using AI for assignments may face severe consequences, including but not limited to receiving a failing grade for the assignment or course. Additionally, such violations will be referred to the Dean of Students Office for further disciplinary action, which may include probation, suspension, or expulsion from the University.

We encourage students to seek guidance from their instructors if they have any questions about the appropriate use of AI in their coursework. Our department is committed to fostering an environment of integrity, where students can achieve their academic and professional goals through honest and meaningful engagement with their studies.

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.