

KINE 1306 (3:3:0)

FIRST AID AND SAFETY

KINESIOLOGY

DIVISION OF ARTS AND SCIENCES
SOUTH PLAINS COLLEGE

SPRING 2022

JON MARC MOORE

COURSE SYLLABUS

KINE 1306

Aug 2021

FIRST AID AND SAFETY

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Office hours posted on my office door

PURPOSE: To have each student to complete the objectives on the current standards of first aid and safety training, through literature, instructor demonstration, lecture and class participation and to promote the importance of first aid and safety training.

EQUIPMENT AND/OR BOOKS NEEDED: FIRST AID, RESPONDING TO EMERGENCIES, AMERICAN RED CROSS, is the text for the course.

GENERAL RULES:

- no food or drink in the classroom.
- no sleeping during class.
- no foul language.
- no offensive t-shirts or clothing.
- keep phones away and turned on silent.
- no disruptive behavior
- no headphones or ear buds

Violation of these rules will result in a warning for the first offense, second offense and expulsion from the class on the third offense.

If expelled from the class the student will have to meet with the teacher before being allowed back in the classroom.

GRADING POLICY: (I use Blackboard to post grades)

Unannounced pop quizzes on information discussed during the previous class period. (these cannot be made up) -----	10%
First aid kit to be assembled by the student. Instructor will provide the list of essential items and establish guidelines and the deadline for completion will be midterm -----	15%
Skills test will include but is not limited to CPR, OA , Splinting and Bandaging-----	15%
Major exam 1 (Instructor will give notice prior to administering the exam of what information will be on that test) -----	15%
Major exam 2 (Instructor will give notice prior to administering the exam of what information will be on that test) -----	15%
Major exam 3 (Instructor will give notice prior to administering the exam of what information will be on that test) -----	15%
Final exam will be given during finals week at the prescribed time and the instructor will inform the student as to what information will be on that exam-----	15%
	100%

*Grade progress report will be at mid-term and/or at the student's request.

*Ten points will be deducted from your grade on all make-up major tests for each class day late for unexcused absences.

*Cheating will not be tolerated and students caught cheating will be dropped with an 'F'.

GRADING SCALE:

A=100-90 B=89.9-80 C=79.9-70 D=69.9-60 F=59.9-00

ATTENDANCE POLICY: Those of you that have no absences at the end of the semester will receive a 20 point bonus on your final! SPC school sponsored activities, funerals and jury duty are excused but you must have documentation. .

You, the student, are responsible for material missed during your absence.

DROPS: Three tardies equal one absent. Disciplinary drops will be taken care of by the instructor. If the student comes in late to class it is the student's responsibility to inform the teacher that they are in attendance for said class. Please do so after class.

CERTIFICATIONS: Students who wish to receive American Red Cross certifications must complete the course with an **80 average** or higher. There will be a processing fee administered by the Red Cross to receive cards.

Option 1-One person CPR Adult, Child, Infant, AED, First Aid skills. \$TBD

Option 2-CPR/PR, AED/First Aid-professional rescuer. \$TBD

STUDENT LEARNING OUTCOMES/ COMPETENCIES:

The student will be able to analyze and evaluate emergency situations and it's patients.

EVALUTION:

Semester exam

The student, with the proper CPR equipment, will be able to demonstrate cardio-pulmonary resuscitation on an adult, child, and baby.

Skills test

The student, with proper CPR equipment, will be able to demonstrate the techniques used to dislodge an object from the blocked air passage of a conscious or unconscious adult, child, or baby.

Skills test

The student will apply specific care-giving skills to a variety of life threatening and non-life threatening situations.

Semester exam/skills test

The student will execute proper techniques on emergency moves for the victim(s)

Semester exam/skills test

The student will recognize and understand the issues associated with sudden illnesses.

Semester exam

The student will demonstrate knowledge of a safer and healthier lifestyle.

Semester exam

The student will recognize the importance of possessing a personal first aid kit and demonstrate knowledge of it's use.

Semester assignment

General COVID information Fall 2021(Please refer to the SPC return to campus plan on the SPC website for updates)

1. In compliance with GA-38, SPC will not require any person to wear a face covering. However, we support anyone who chooses to wear a face covering to maintain safety as greater numbers of students, employees, and visitors come to our different campuses.
2. In compliance with GA-38, SPC will not require any person to receive the COVID-19 vaccine to visit our campuses or attend class. However, we strongly recommend getting the vaccine to better protect yourself and others from the COVID-19 virus.
3. Since we will not require face coverings and vaccines, it will be very difficult to mandatorily quarantine students, faculty, or staff who have a known positive exposure. However, we encourage anyone who has a known positive exposure and has not been vaccinated to consider a self-quarantine or wear a face covering for the same 14-day period.
4. Signs have been posted across all campuses encouraging anyone to go home and seek medical attention if they are experiencing any of the signs of COVID.
5. We encourage all faculty, staff, and students to diligently continue personal health and safety protocols such as handwashing, covering coughs/sneezes, and considering vaccinations.

If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches
- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at dedens@southplainscollege.edu or 806-716-2376. Proof of a positive test is required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo. If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor's note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at dedens@southplainscollege.edu.

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication.

Students must communicate with DeEtte Edens, BSN, RN prior to their return date if still symptomatic at the end of the 5-day isolation.

FIRST AID AND SAFETY

KINE 1306

(OUTLINE)

SUBJECT TO ADJUSTMENT and MODIFICATION

INTRODUCTION & THE CITIZEN RESPONDER
TAKING ACTION
BODY SYSTEMS
EMERGENCY MOVES
CHECKING THE VICTIM
CARDIAC EMERGENCIES
BREATHING EMERGENCIES
BEGIN PRACTICE ON OA, CPR
CONTINUE TO PRACTICE ON CPR
FINISH PRACTICE/BEGIN TESTING
BLEEDING, SHOCK
SOFT TISSUE INJURIES
MUSCULOSKELETAL INJURIES
INJURIES TO THE HEAD, NECK & SPINE
INJURIES TO THE EXTREMITES
SUDDEN ILLNESSES
POISONINGS, BITES AND STINGS
HEAT AND COLD EMERGENCIES
REACHING & MOVING VICTIMS IN THE WATER
DELAYED HELP SITUATIONS
YOUR GUIDE TO A HEALTHY LIFE
REVIEW FOR FINAL

EMT PRESENTATION TBA

**I _____ have read and understand
all the information on this syllabus for KINE 1306.**

Print name _____

Date _____

Phone # _____

E-mail(other than SPC) _____