

KINE 1306 (3:3:0)

FIRST AID AND SAFETY

KINESIOLOGY

DIVISION OF ARTS AND SCIENCES SOUTH PLAINS COLLEGE

SPRING 2026

JON MARC MOORE

# COURSE SYLLABUS

KINE 1306

Jan 2023

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

**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 -----15%

Major exam 2 ----- 15%

Major exam 3 ----- 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-----15%

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

**100%**

\*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=59.9-0

**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:** I do not drop students. It is the student's responsibility to drop if they think they need to due to not fulfilling the objectives of the course or multiple absences. Disciplinary drops will be taken care of by the instructor.

Three tardies equal one absent. 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

**STUDENT LEARNING OUTCOMES/ COMPETENCIES:**

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

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

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.

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

The student will execute proper techniques on emergency moves for the patients

**EVALUTION:**

Semester exam

Skills

Skills

Semester exam/skills

Semester exam/skills

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

Exam

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

Exam

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

Project grade

## **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 EXTREMITIES  
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) \_\_\_\_\_