

PHED 1306 (3:3:0)

FIRST AID AND SAFETY

PHYSICAL EDUCATION

DIVISION OF ARTS AND SCIENCES  
SOUTH PLAINS COLLEGE

Fall 2018

JON MARC MOORE

# COURSE SYLLABUS

PHED 1306

Jan 2017

## 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 walkmans or headphones.

**Violation of these rules will result in a warning for the first offense and expulsion from the class on the second 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 <b>midterm</b> -----	15%
Skills test will include but is not limited to CPR, RB , OA, Splinting and Bandaging -----	15%
Major exam 1 (Instructor will give at least one week notice prior to administering the exam and what information will be on that test)-----	15%
Major exam 2 (Instructor will give at least one week notice prior to administering the exam and what information will be on that test)-----	15%
Major exam 3 (Instructor will give at least one week notice prior to administering the exam and 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 tests for each class day late.
- \*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:** The student will be dropped on his or her 6<sup>th</sup> absence. 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 \$20.00/\$27.00 processing fee administered by the Red Cross to receive cards.

Option 1-One person CPR Adult, Child, Infant, AED, First Aid skills. \$20.00

Option 2-CPR/PR, AED/First Aid-professional rescuer. \$27.00

**STUDENT LEARNING OUTCOMES/ COMPETENCIES:**

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

The student, with the proper CPR equipment, will be able to demonstrate artificial ventilation and 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 victim(s)

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

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

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

**EVALUTION:**

Semester exam

Skills test

Skills test

Semester exam/skills test

Semester exam/skills test

Semester exam

Semester exam

Semester assignment

## FIRST AID AND SAFETY

### PHED 1306

(WEEKLY OUTLINE)

SUBJECT TO ADJUSTMENT

WEEK 1	INTRODUCTION & THE CITIZEN RESPONDER TAKING ACTION
WEEK 2	TAKING ACTION & ARC VIDEO BODY SYSTEMS, EMERGENCY MOVES (PRACTICUM ON EMERGENCY MOVES)
WEEK 3	BODY SYSTEMS & ARC VIDEO CHECKING THE VICTIM BREATHING EMERGENCIES
WEEK 4	BREATHING EMERGENCIES & ARC VIDEO CARDIAC EMERGENCIES
WEEK 5	CARDIAC EMERGENCIES & ARC VIDEO BEGIN PRACTICE ON OA, RB, CPR (Major Exam 1)
WEEK 6	CONTINUE TO PRACTICE ON OA, CPR
WEEK 7	FINISH PRACTICE & (BEGIN TESTING ON OA, CPR)
WEEK 8	BLEEDING, SHOCK & ARC VIDEO SOFT TISSUE INJURIES
WEEK 9	MUSCULOSKELETAL INJURIES (FIRST AID KIT DUE-PRACTICUM ON GLOVE SKILL) INJURIES TO THE HEAD, NECK & SPINE(Major Exam 2)
WEEK 10	INJURIES TO THE EXTREMITES (PRACTICAL ON SPLINTING, BANDAGING & SLINGS)
WEEK 11	SUDDEN ILLNESSES
WEEK 12	POISONINGS, BITES AND STINGS(Major Exam 3)
WEEK 13	HEAT AND COLD EMERGENCIES
WEEK 14	REACHING & MOVING VICTIMS IN THE WATER DELAYED HELP SITUATIONS
WEEK 15	YOUR GUIDE TO A HEALTHY LIFE REVIEW FOR FINAL
WEEK 16	(FINAL EXAM)

EMT PRESENTATION TBA

**I \_\_\_\_\_ have read and understand  
all the information on this syllabus for PHED 1306.**

**Print name \_\_\_\_\_**

**Date \_\_\_\_\_**

**Phone # \_\_\_\_\_**

**E-mail(other than SPC) \_\_\_\_\_**

**Major/Field of study \_\_\_\_\_**