COURSE TITLE: Safety and First Aid

COURSE NUMBER: PHED 1306 P01
M/W 1:00 p.m. – 2:15 p.m.
Room A112

COURSE CREDIT LECTURE
HOURS: 3 HOURS: 3

This class does not fulfill Collin’s Core Curriculum Requirements

PREREQUISITE: None

COURSE DELIVERY METHOD: Lecture, Discussion, Demonstration, Physical Participation, Video

INSTRUCTOR: Kelly Putnam

OFFICE PHONE: 972-377-1753

E-MAIL ADDRESS: Kputnam@collin.edu

OFFICE HOURS: PRC – L230/A116
M/W 10:00 a.m. – 11:00 a.m.
12:00 p.m. – 1:00 p.m.
2:15 p.m. – 2:30 p.m.
T/R 9:30 a.m. – 10:00 a.m.
5:15 p.m. – 5:30 p.m.

TEXTBOOK: First Aid – Responding to Emergencies
Required

SUPPLIES: Included with textbook fee

MEASURABLE STUDENT LEARNING OUTCOMES:

Students will give first aid for choking and other respiratory emergencies.
Students will recognize when someone needs CPR.
Students will give CPR to someone whose heart has stopped.
Students will learn how to use the emergency medical system.
Students will demonstrate how to reduce the risk of dying from a heart attack.
Students will recognize the signals of a heart attack and give first aid to reduce the chance that the victim’s heart will stop.
Students will demonstrate how to reduce the risk of injury to children and infants.
Students will demonstrate the ability to keep an injured person safe from further injury and as comfortable as possible until medical care can arrive.
Students will demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
Students will demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
Students will recognize the importance of the relationship between lifetime activity and
the quality of life.
Students will demonstrate the biomechanics of fundamental movements and skills.
Students will develop the kinesthetic sense in the process of acquiring movement skills.

AMERICANS WITH DISABILITIES ACT COMPLIANCE:

It is the policy of Collin County Community College to provide reasonable and appropriate accommodations for individuals with documented disabilities. This College will adhere to all applicable Federal and State laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to contact the ACCESS Office (G-200) or 881-5898 (TDD-881-5950) in a timely manner if he/she desires to arrange for accommodations.

Religious Holy Days

In accordance with Section 51.911 of the Texas Education Code, CCCCD will allow a student who is absent from class for the observance of a religious holy day to take an examination or complete an assignment scheduled for that day within a reasonable time. Students are required to file a written request with each professor within the first 15 days of the semester to qualify for an excused absence. A copy of the state rules and procedures regarding holy days, and the form of notification of absence from each class under this provision, are available from the Admissions and Records Office.

Academic Ethics

The College District may initiate disciplinary proceedings against a student accused of scholastic dishonesty. Scholastic dishonesty includes, but is not limited to, statements, acts, or omissions related to applications for enrollment or the award of a degree, and/or the submission as one’s own work material that is not one’s own. Scholastic dishonesty may involve, but is not limited to, one or more of the following acts: cheating, plagiarism, collusion, use of annotated texts or teacher’s editions, and/or falsifying academic records.

Plagiarism is the use of an author’s words or ideas as if they were one’s own without giving credit to the source, including, but not limited to, failure to acknowledge a direct quotation.

Cheating is the willful giving or receiving of information in an unauthorized manner during an examination, illicitly obtaining examination questions in advance, copying computer or internet files, using someone else’s work for the assignments as if it were one’s own, or any other dishonest means of attempting to fulfill the requirements of a course.

Collusion is intentionally aiding or attempting to aid another in an act of scholastic dishonesty, including but not limited to, providing a paper or project to another student; providing an inappropriate level of assistance; communicating answers to a classmate during an examination; removing tests or answer sheets from a test site, and allowing a classmate to copy answers.

SPECIFIC COURSE PROGRESSION, CONTENT, AND CHAPTER NUMBERS:

Weeks 1 and 2

Part One – Introduction

Chapter 1 – If Not You . . . Who?
Chapter 2 – Responding to Emergencies
Chapter 3 – Before Giving Care
Weeks 3 and 4

Part Two – Assessment

Chapter 4 – Body Systems
Chapter 5 – Checking the Victim

Weeks 5 through 10

Part Three – Life-Threatening Emergencies

Chapter 6 – Breathing
Chapter 7 – Cardiac Emergencies and Unconscious Choking
Chapter 9 - Shock
Chapter 8 – Bleeding

Weeks 11 through 13

Part Four – Injuries

Chapter 10 – Soft Tissue Injuries
Chapter 11 – Musculoskeletal Injuries
Chapter 12 – Injuries to the Extremities
Chapter 13 – Injuries to the Head, Neck, and Back
Chapter 14 – Injuries to the Chest, Abdomen, and Pelvis

Weeks 14 and 15

Part Five – Medical Emergencies

Chapter 15 – Sudden Illness
Chapter 16 – Poisoning
Chapter 17 – Bites and Stings
Chapter 18 – Substance Misuse and Abuse
Chapter 19 – Heat- and Cold-Related Emergencies

Part Six – Special Situations

Chapter 20 – Reaching and Moving Victims in the Water
Chapter 21 – People with Special Needs

Part Seven – Healthy Lifestyles

Chapter 24 – A Safer and Healthier Life