

UNIVERSITY OF NORTH ALABAMA
DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND RECREATION

COURSE NUMBER: HPE 233
COURSE TITLE: First Aid
SEMESTER HOURS: 3 semester hours
PREREQUISITES: None
REVISED: January 2012

First Aid

CATALOG DESCRIPTION: The study of first aid and safety as recommended by the American Red Cross combined with methods of prevention and care of injuries in physical education and athletics. CPR will also be covered during this course. Special fee: \$15.00.

TEXT: *First Aid-Responding to Emergencies*. Staywell Publishers, 2007 (revised)

LiveText – Student Edition

COURSE OBJECTIVES: Upon completion of the course, students will be able to:

- Care for priority first aid needs.
- Evaluate first aid needs of the injured.
- Recognize hazardous situations and take effective steps to eliminate or reduce hazards.
- Assist choking victims.
- Control severe bleeding.
- Recognize poison-related injury and effectively care for victims with this injury and effectively care for victims with this injury or condition.
- Identify and care for injuries to head area, trunk area, and extremities.
- Recognize hazardous situations that could result in choking, wounds, or poisoning and eliminate or reduce these hazards.
- Recognize hazardous conditions that could result in injury and take effective steps to reduce or eliminate these hazards.
- Identify victims misusing or abusing drugs and provide proper first aid care for these victims.
- Identify a heat or cold injury and provide proper first aid care for victims of such injury.
- Recognize the cause, signs, symptoms, treatment and first aid for shock.
- Identify potential fractures, dislocations, sprains, and strains and to give proper first aid care for these strains and to give proper first aid care for these injuries.
- Select and use bandages, dressings, and first aid kits.
- Recognize potential hazards that might result in an injury to a bone or joint and reduce or eliminate these hazards.

- Determine the need for rescue and assistance.
- Provide necessary care to victims until professional assistance is available.
- Safely remove an injured person from immediate danger.
- Recognize the causes, signs, symptoms, treatment and first aid for burns. Identify and care for sudden illnesses as they relate to heart attack, fainting and respiratory problems.

PROFESSIONAL STANDARDS AND ASSESSMENT: Alabama Standards and Rules, 290-3-3.33 Physical Education:

- (2)(d)2.(iv) Emergency procedures, including first aid and CPR.

Content of this course links with UNA College of Education Conceptual Framework References 1, 2, 3, 6.

Standard Code	Standard	Assessment	Instrument
290-3-3-.33(2)(d)2.(iv)	Emergency procedures, including first aid and CPR.	Written exam Laboratory session	Grading scale Rubric

COURSE CONTENT:

Introduction

- Definition
- Values of first aid training
- General directions for giving first aid

Shock

- Definition
- Causes
- Signs and symptoms
- Treatment objectives
- First aid

Wounds

- Definitions
- Most common causes
- Symptoms
- Treatment for open wounds
- Treatment for severe bleeding
- Prevention of infection
- Bites
- Closed wounds
- Prevention of wound-causing accidents

Burns

- Definitions
- Causes and effects
- Classification

- Extent and location
- First aid
- Prevention of heat emergencies

Poisoning

- Definitions
- Causes
- Signs and symptoms
- Treatment objectives for poisoning by mouth
- First aid
- Contact poisons
- Prevention
- Poisoning by marine life
- Poisoning by insects
- Poisoning by venomous snakes
- Prevention of accidental poisoning

Drugs and Their Abuse

- Definitions
- Identification of drug abuse
- Classification of drugs

Bone and Joint Injuries

- Definitions
- Specific fractures
- Dislocations
- Sprains
- Strains
- Prevention

Heat Stroke, Heat Cramps, and Heat Exhaustion

- Definitions
- Causes
- Heat stroke
- Heat cramps
- Heat exhaustion

Frostbite and Cold Exposure

- Frostbite
- Cold exposure
- Prevention of injuries from extreme cold

Sudden Illness

- Heart Attack
- Fainting
- Epilepsy
- Prevention of heart attack

Respiratory Emergencies / Artificial Respiration

- Definitions
- Causes of respiratory failures

- Breathing process
- Artificial respiration
- Cardiopulmonary resuscitation
- Prevention of respiratory accidents
- Swimming safety precautions
- Boating safety precautions

Swallowed Objects and Choking

- Causes
- Signs and symptoms
- First aid
- Prevention

COURSE ACTIVITIES:

Lectures
 Small group projects
 Professional readings
 Article critiques
 Slides and/or video-tape presentations
 Skills evaluations
 Written exams
 Live Text assignments

GRADING PROCEDURE:

During this course three (3) exams will be administered. Each exam will be graded on a 100 point scale and the grades from all three (3) exams averaged to determine the student's final course grade.

Final grades will be assigned according to the following scale:

A = 90 – 100
 B = 80 – 89
 C = 70 – 79
 D = 60 – 69
 F = Below 60

CPR laboratory skills sessions are offered to those who desire CPR certification, however, those students who do not desire such training may opt to complete an outside written assignment in its place.

ATTENDANCE POLICY:

Students are expected to attend all lectures, view all films / videos, and complete assigned readings made during the course. Regular and punctual attendance at all scheduled classes and activities is expected of all students. Official written excuses for absences are issued only for group absences of activities representing the University, otherwise, the only acceptable excused absences are written from a:

- Physician

- Dean or,
- Official representative from the school concerning activity.

When a student accumulates ten cuts for any reason, an automatic NC will be given. If you come in late, it is your responsibility to see me after class and make sure you have not been counted absent.

PERSONAL TECHNOLOGY POLICY:

Use of cell phones or other electronic devices will not be allowed in class without prior instructor approval. Phones should be off or in silent mode. There is no reason for a student to have to send or address calls or messages during class. If the student has extenuating circumstances and needs to be available for an emergency, permission should be secured from the course instructor before class begins. The first time a cell phone rings in class may be attributed to poor judgment. If this occurs a second time the person who brought the phone to class will be dismissed from class for the day and counted absent and receive a grade of zero (0) for the day's class work. This cell phone policy applies to all classes including exams and presentations.

UNIVERSITY OF NORTH ALABAMA ACCOMMODATION STATEMENT:

In accordance with the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act of 1973, the University offers reasonable accommodations to students with eligible documented learning, physical and/or psychological disabilities. Under Title II of the Americans with Disabilities Act (ADA) of 1990, Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Amendment Act of 2008, a disability is defined as a physical or mental impairment that substantially limits one or more major life activities as compared to an average person in the population. It is the responsibility of the student to contact Disability Support Services to initiate the process to develop an accommodation plan. This accommodation plan will not be applied retroactively. Appropriate, reasonable accommodations will be made to allow each student to meet course requirements, but no fundamental or substantial alteration of academic standards will be made. Students needing assistance should contact Disability Support Services (256-765-4214).

ACADEMIC HONESTY:

Students of the university academic community are expected to adhere to commonly accepted standards of academic honesty. Allegations of academic dishonesty can reflect poorly on the scholarly reputation of the University including students, faculty and graduates. Individuals who elect to commit acts of academic dishonesty such as cheating, plagiarism, or misrepresentation will be subject to appropriate disciplinary action in accordance with university policy.

Incidents of possible student academic dishonesty will be addressed in accordance with the following guidelines:

1. The instructor is responsible for investigating and documenting any incident of alleged academic dishonesty that occurs under the instructor's purview.
2. If the instructor finds the allegation of academic dishonesty to have merit, then the instructor, after a documented conference with the student, will develop a

plan for disciplinary action. If the student agrees to this plan, then both instructor and student will sign the agreement. The faculty member will forward a copy of the signed agreement to the Office of Student Conduct for record-keeping purposes.

3. If the student disagrees with the instructor's proposed plan for disciplinary action and wishes to take further action, he/she is responsible for scheduling a meeting with the chair of the department where the course is housed to appeal the proposed disciplinary plan. The department chair shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. If a resolution is reached, the disposition of the case will be forwarded to the Office of Student Conduct. If a resolution at the departmental level is not reached and the student wishes to take further action, he/she is responsible for scheduling a meeting with the dean of the college where the course is housed to appeal the proposed disciplinary plan. The college dean shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. If a resolution is reached, the disposition of the case will be forwarded to the Office of Student Conduct. If a resolution at the college level is not reached and the student wishes to take further action, he/she is responsible for scheduling a meeting with the Vice President for Academic Affairs and Provost (VPAA/P) to appeal the proposed disciplinary plan. The VPAA/P shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. After reviewing all documentation, the VPAA/P may, at his/her discretion, choose either to affirm the proposed action, to refer the case to the Office of Student Conduct for further review, or to dismiss the matter depending on the merits of the case. The final disposition of the case will be disseminated to appropriate parties, including the Office of Student Conduct.

4. If a student is allowed academic progression but demonstrates a repeated pattern of academic dishonesty, the VPAA/P may, after consultation with the Office of Student Conduct, assign additional penalties to the student, including removal from the University.