

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	First Aid
<b>COURSE NUMBER</b>	EXSC-0115
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	2
<b>CONTACT HOURS/WEEK</b>	Class: 2
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## COURSE DESCRIPTION

The theory and practice of first aid and safety are covered. Methods of administering first aid in case of accident or sudden illness; bandaging; resuscitation; and caring for wounds and injuries, CPR and AED training. First aid lab sessions are required for this course. Students can complete these lab sessions on ground at KCKCC Allied Health building during scheduled dates or complete the lab work under the supervision of a certified first aid instructor within your local area. Successful completion of this course results in certification by American Heart Association.

## KANSAS SYSTEMWIDE TRANSFER: HSC 1040

The learning outcomes and competencies detailed in this course outline or syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents.

## Program Learning Outcomes

1. Student will be able to analyze and implement an appropriate assessment of the client to determine their exercise needs
2. Student will be able to discuss the importance of exercise science as it relates to enhancing and recognizing health and fitness activities, sports, and athletic performance
3. The student will be able to recognize incorrect lifting technique and develop a plan for error correction.

## TEXTBOOKS

<http://kckccbookstore.com/>

## **METHODS OF INSTRUCTION**

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom.

Methodology will be selected to best meet student needs.

## **COURSE OUTLINE**

- I. Introduction
  - A. The “Why” and “How” of First Aid
  - B. Leading causes of death as related to First Aid
  - C. First Aid kits and supplies
  - D. Systems of the body as related to First Aid
- II. Wounds
  - A. Causes and types
  - B. Stopping bleeding
  - C. Preventing disease transmission
  - D. First Aid treatment for all types of wounds
- III. Shock
  - A. Definition
  - B. Causes and dangers
  - C. Signs and symptoms
  - D. First Aid treatment
- IV. Poisons
  - A. Swallowed
  - B. Inhaled Absorbed
  - C. Inhaled
  - D. Bites and stings
- V. Musculoskeletal injuries
  - A. Fractures
  - B. Sprains
  - C. Dislocations
  - D. Strains
  - E. Contusions
- VI. Burns and ill effects of heat and cold
  - A. Burns
  - B. Critical burns
  - C. Prevention and safety
  - D. Heat exhaustion
  - E. Heat stroke

F. Heat cramps

G. Frostbite

H. Hypothermia

VII. Common Emergencies

A. Heart attack

B. Stroke

C. Simple fainting

D. Epileptic convulsions

E. Unconsciousness

VIII. CPR & AED

A. Methods and types

B. Practical skill by each student in the use of each method

**COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- A. Recognize an emergency, assess the scene and develop an appropriate plan of action.
- B. Demonstrate and explain how to provide care for life-threatening emergencies including breathing, shock, head and spinal injuries, sudden illness, stroke, soft tissues and musculoskeletal injuries.
- C. Be able to describe knowledge of burns and effects of heat and cold .
- D. Demonstrate the knowledge and skills necessary to provide emergency assistance in cases such as choking, rescue breathing, CPR and use of AED for adults, children, and infants.
- E. Identify and describe how to respond effectively to a variety of environmental, manmade and/or national security emergencies.

**ASSESSMENT OF COURSE LEARNING OUTCOMES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

**COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.