

## HPE\*K232 First Aid and Sports Injury

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Office Hours: T/R 12:00-1:00

Prerequisite: Eng\*K101 eligibility

### Course Description

Introduction to basic life support skills and designed to certify each student in CPR with AED. The student will also be exposed to the most prevalent sports related injuries and their treatment, rehabilitation, and strengthening protocols.

### Course Objectives

1. To provide the student with the ability to recognize an emergency in the workplace, field or home.
2. To provide the student with the ability to protect themselves from any hazards associated with aiding in an emergency situation.
3. The student will recognize the most common acute and chronic sports/exercise related injuries by identification of clinical signs and symptoms.
4. The student will understand the general phases of healing or recovery and the appropriate exercises per stage.
5. The student will demonstrate the ability to communicate efficiently with the sports medicine or care team and understand the professional role of the strength coach, health fitness professional or personal trainer on his/her team.
6. The student will demonstrate an understanding of injury prevention and post-rehabilitation maintenance.
7. The student will have knowledge of and skill in obtaining basic life support, automated external defibrillators (AED), and cardiopulmonary resuscitation certification.
8. The student will have knowledge of appropriate emergency procedures (i.e., telephone procedures, written emergency procedures, personnel responsibilities) in a health and fitness setting.

9. The student will have knowledge of basic first-aid procedures for exercise-related injuries, such as bleeding, strains/strains, fractures, and exercise intolerance (dizziness, syncope, heat injury).
10. The student will have knowledge of basic precautions taken in an exercise setting to ensure participant safety.
11. The student will have knowledge of the effects of temperature, humidity, altitude, and pollution on the physiologic response to exercise.
12. The student will have knowledge of the fitness professional's responsibilities, limitations, and the legal implications of carrying out emergency procedures.
13. The student will have knowledge of the initial management and first-aid techniques associated with open wounds, musculoskeletal injuries, cardiovascular/pulmonary complications, metabolic disorders.
14. The student will have the ability to identify the components that contribute to the maintenance of a safe exercise environment.
15. The students will understand the link between prevention of injuries through fitness training.
16. The student will gain knowledge in the areas of muscular strength, flexibility and conditioning.
17. The student will be able to contrast the role of athletic health care in organized versus recreational sports activities.
18. The student will be able to describe the role of the coach/fitness professional in injury prevention, emergency care, and injury management.
19. The student will be able to identify measures that can be taken to minimize chances of litigation.
20. The student will be certified in first aid, CPR/AED.
21. The student will be able to explain what blood borne pathogens are and how they are transmitted.
22. The student will be able to describe the physiology of heat and cold related illnesses, clinical signs/symptoms and how they can be prevented.

#### Instructional Materials

Prentice, WE and Arnheim, DD. Essentials of Athletic Injury Management 8<sup>th</sup> edition. McGraw Hill

BLS for Healthcare Providers, American Heart Association

## Grade Determination

3 written exams

Homework and class work

Successful completion of CPR/AED, first aid certification

## Academic Misconduct

The instructor has primary responsibility for control over classroom behavior and maintenance of academic integrity, and can request the temporary removal or exclusion from the classroom of any student engaging in conduct that violates the general rules and regulations of the institution. Extended or permanent exclusion from lecture or laboratory activities or further disciplinary action can only be effected through appropriate procedures of the institution.

Plagiarism, cheating on quizzes or tests, or any form of academic dishonesty is strictly prohibited. Students guilty of academic dishonesty directly or indirectly will receive a zero for the exercise, quiz or test and may receive an "F" grade for the course in addition to other possible disciplinary sanctions which may be imposed through the regular institutional procedures. Any student that believes that he or she has been erroneously accused may appeal the case through the appropriate institutional procedures if their grade was affected

## Make-Up Work

Any assignment can be obtained from the instructor or on blackboard. Unit tests can only be made up by special arrangement with the instructor. Make-up tests will be granted on an individual basis only following a conference with the instructor; where the reason(s) for missing the test must be determined mitigating circumstances beyond the control of the student such as, illness, death in the family, or change in condition of employment. If two tests are missing during the semester and/or if the final exam is missed the student will receive an "F" grade if he or she is failing other parts of the course or an "I" if the student is passing all other parts of the course.

## Revisions to the Syllabus

Students are responsible for learning all of the objectives and all of the items in the course outline whether they are discussed in lecture, and/or lab or not. The instructor reserves the right to revise the objectives, topic outline, or academic schedule contained in the syllabus without notice. However, if the revisions affect scheduled unit tests, a 48-hour notice will be given for the new test date.

## Technology

Cellular phones and beepers are only allowed in class or lab if they are turned off or in silent mode. Under no circumstances are phones to be answered in class. When there are extenuating circumstances that require that a student be available by phone or beeper, that student must speak to the instructor prior to class, so that together they can arrive at an agreement.

## Special Notice

If you have a visible or hidden disability which may require classroom, lab and/or test-taking modifications, please see me as soon as possible. If you have not registered with Chris Scarborough, learning specialist or a counselor in the Student Services Development Center, you must do so early in the semester.

## Course Outline

1. Course Overview, Introduction to Emergency Procedures, medical/legal issues
2. Victim Assessment and respiratory/cardiac emergencies
3. Assessment/treatment of trauma, bleeding, shock
4. Brain and head injuries and assessment
5. Diabetic emergencies, allergic reactions and dehydration
6. General phases of healing
7. Sprains, strains and overuse injuries
8. Injury prevention
9. Training seasons
10. Environmental concerns
11. Blood and wound care