



COURSE SYLLABUS

SOUTHEAST MISSOURI STATE UNIVERSITY

Department of Health, Human
Performance & Recreation
Course Title: First Aid

Course No. PE 220

Revision: Fall 2010



“The Teacher as Professional Educator”

COURSE SYLLABUS

Department Approved August 18, 2010
College Council Approved September 15, 2010

I. Catalog Description and Credit Hours of Course:

American Red Cross requirements for standard first aid and personal safety; opportunity for standard certification and CPR certification. (2)

II. Prerequisite(s): None

III. Objectives of the Course:

Upon completion of this course the teacher candidate will be able to:

A. Describe performance concepts and strategies related to skillful movement and physical activity (e.g., fitness principles, game tactics, skill improvement principles). (1.3) [Q 1.2.1.1]

B. Describe and apply bioscience (anatomical, physiological, and biomechanical) and psychological concepts to skillful movement, physical activity, and fitness. (1.4) [Q 1.2.1.1]

C. Monitor individual and group performance in order to design safe instruction that meets student developmental needs in the physical, cognitive, and social/emotional domains. (2.1) [Q 1.2.2.2]

D. Use available resources (e.g., colleagues, literature, professional associations) to develop as a reflective professional. (8.2) [Q 1.2.9.2]

E. Be stimulated to further self investigate emergency procedures.

[Q refers to MoSTEP Quality Indicators]

IV. Course Outline/Learning Experiences:

Hours

This course consists of lecture/demonstration and student practical First Aid and CPR experiences.

A. Orientation and General Information

2

| | | | |
|----|------------------------------------|---|---|
| B. | Wounds. | | 2 |
| C. | Bleeding. | | 1 |
| D. | Control of bleeding. | 1 | |
| E. | Bandaging for wounds. | | 2 |
| F. | Infection. | | 1 |
| G. | Shock. | | 2 |
| H. | Breathing stoppage. | 6 | |
| I. | Poisons. | | 4 |
| J. | Skeletal injuries. | | 2 |
| K. | Burns. | | 2 |
| L. | Frostbite. | | 1 |
| M. | Temperature problems. | | 1 |
| N. | Triangular bandages. | 2 | |
| O. | Transportation of injured persons. | | 1 |
| P. | The cravat bandage. | 2 | |

V. Textbook and Other Required Materials:

American Red Cross. (2001) First Aid/CPR/AED Program

VI. Basis for Student Evaluation:

- A. Written examinations.
 1. Approximately four written examinations, including the final exam will be given.
 2. Each written examination will be worth approximately 80 points for a total of approximately 320 points.
- B. Practical examination covering First Aid and CPR skills will be worth 30 points. Students also have the option of a Red Cross Certification.
- C. Grades will be determined by the following percentage basis out of an approximate 350 total points for the entire course:

90 - 100% = A
 80 - 89% = B
 70 - 79% = C
 60 - 69% = D
 0 - 59% = F