

# KINE 001: FIRST AID AND SAFETY

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**Originator**

mdillon

**Justification / Rationale**

Code alignment project recommendation: change TOP, CIP and SAM codes.

**Effective Term**

Spring 2020

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

001

**Full Course Title**

First Aid and Safety

**Short Title**

FIRST AID AND SAFETY

**Discipline****Disciplines List**

Physical Education

**Modality**

Face-to-Face

**Catalog Description**

This course includes theory and practice in immediate and temporary care given in case of accident or sudden illness, until service of a trained medical professional can be obtained. Upon successful completion, certificates in first aid and C.P.R. are awarded.

**Schedule Description**

This class includes the application of knowledge and development of basic skills in First Aid and Basic Life Support.  
Advisory: ENG 061

**Lecture Units**

3

**Lecture Semester Hours**

54

**Lab Units**

0

**In-class Hours**

54

**Out-of-class Hours**

108

**Total Course Units**

3

**Total Semester Hours**

162

**Prerequisite Course(s)**

Advisory: ENG 061

**Required Text and Other Instructional Materials****Resource Type**

Book

**Open Educational Resource**

No

**Author**

American Heart Association

**Title**

Basic Life Support Provider Manual

**Publisher**

First American Heart Association Printing

**Year**

2016

**ISBN #**

10-1616694074

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**Resource Type**

Book

**Open Educational Resource**

No

**Author**

American Heart Association

**Title**

Heartsaver First Aid

**Publisher**

First American Heart Association Printing

**Year**

2016

**ISBN #**

10-9781616694227

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**Class Size Maximum**

40

**Entrance Skills**

Identify and employ prewriting activities.

**Prerequisite Course Objectives**

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

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**Entrance Skills**

Demonstrate through the writing process the ability to apply standard rules of grammar, punctuation and spelling in academic writing.

**Prerequisite Course Objectives**

ENG 061-Utilize a handbook to properly cite and document source material in MLA format.

**Entrance Skills**

Comprehend and summarize readings.

**Prerequisite Course Objectives**

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

**Entrance Skills**

Demonstrate the ability to generate, develop and organize ideas into a cohesive essay using multiple paragraphs.

**Prerequisite Course Objectives**

ENG 061-Use theses to organize paragraphs into coherent analyses.

**Course Content**

- a. Introduction: Legal and Moral Aspects.
- b. Victim Assessment: Primary Survey, Second Survey.
- c. Bleeding and Wounds: External/Internal.
- d. Specific Body Area Injuries: Head, Chest, Abdominal.
- e. Burns: Heat, Chemical, Electrical, and Radiation.
- f. Cold-and-Heat-Related Emergencies: Frost Bite, Hypothermia.
- g. Bone, Joint, and Muscle Injuries: Fractures, Sprains, Dislocations.
- h. Shock: Insulin Shock, Diabetic Coma, Allergic Reactions.
- i. Poisoning: Swallowed/Injected.
- j. Crisis Intervention: Child Abuse, Drug/Alcohol, Rape and Sexual Assault, Suicide.
- k. Medical Emergencies: Heart Attack, Stroke, Epilepsy.
- l. Basic Life Support: C.P.R. Adult, Child, and Infant, and Complications of C.P.R.
- m. Emergency Child Birth: Normal/Complicated.
- n. First Aid Skills: Bandaging, Splinting, Moving, and Rescuing.
- o. Supplemental Instruction:
  - Videos--(1) First Aid; (2) C.P.R.; (3) Child Birth.
  - Color Slide Presentation--(1) Wounds and Injuries.
- p. AED instruction
- q. Healthy lifestyle and personal safety concerns

**Course Objectives**

	<b>Objectives</b>
Objective 1	Understand and properly apply the basic safety principles.
Objective 2	Recognize or identify specific first aid problems through the use of various signs and symptoms.
Objective 3	Describe and apply proper first aid procedures.
Objective 4	Assume responsibility in emergency situations.
Objective 5	Understand proper application of CPR procedures.
Objective 6	Identify proper function and application of AED.
Objective 7	Recognize healthy lifestyles and personal safety concerns.

**Student Learning Outcomes**

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Apply basic first aid and safety principles.
Outcome 2	Recognize and identify signs and symptoms requiring first aid attention.
Outcome 3	Apply CPR techniques and properly use an AED, as delineated by the American Heart Association.

**Methods of Instruction**

Method	Please provide a description or examples of how each instructional method will be used in this course.
Individualized Study	Weekly reading assignments and short answer writing assignments based on reading.
Discussion	In-class discussion on relevant CPR and First Aid techniques and scenarios.
Demonstration, Repetition/Practice	Lab practice and review for acquired skills.
Role Playing	Group work for CPR and First Aid scenarios playing the victim role and the responder role.
Participation	Hands-on skill acquisition requires active participation in lab work.
Lecture	Power point lectures each class that highlight the main CPR and First Aid topics covered.
Laboratory	Skills lab that covers proper hand placement for CPR and proper splinting techniques for First Aid.
Other (Specify)	Guest speakers.

**Methods of Evaluation**

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Mid-term and final evaluations	Three written exams including multiple choice, short answer, true/false and essay question.	In Class Only
Oral and practical examination	Two practical exams where students demonstrate acquired CPR and First Aid skills.	In Class Only
Presentations/student demonstration observations	Students work in pairs on a CPR or First Aid topic and present to their peers.	In and Out of Class
Written homework	Students read related chapters weekly about CPR and First Aid topics and answer questions from the book.	Out of Class Only
Tests/Quizzes/Examinations	Multiple quizzes will be given throughout the semester to measure progress towards content understanding.	In Class Only
Critiques	Students read articles relevant to CPR and First Aid and write a summary critique of what they learned.	Out of Class Only

**Assignments**
**Other In-class Assignments**

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**Other Out-of-class Assignments**

1. Reading assignments.
2. Complete 13 self-check activities (equivalent of 13 chapters in workbook) with an 80 percentile minimum correctness.
3. Rewrite and/or add supplemental information to the notes required to be taken during class time lecture (short papers).

**Grade Methods**

Letter Grade Only

**COD GE**

C5 - Personal Growth and Development

## MIS Course Data

**CIP Code**

31.0101 - Parks, Recreation and Leisure Studies.

**TOP Code**

083610 - Recreation Assistant

**SAM Code**

C - Clearly Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Transferable to both UC and CSU

**C-ID**

KIN 101

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

## Files Uploaded

Attach relevant documents (example: Advisory Committee or Department Minutes)

KINE-001\_COD GE.pdf

## Approvals

**Curriculum Committee Approval Date**

3/21/2019

**Academic Senate Approval Date**

3/28/2019

**Board of Trustees Approval Date**

5/17/2019

**Chancellor's Office Approval Date**

6/1/2019

**Course Control Number**

CCC000605859

**Programs referencing this course**

Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=148>)

Field Ranger Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=151>)

Sports Medicine AS Degree (<http://catalog.collegeofthedesert.eduundefined?key=67>)

Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined?key=8>)