

**PHED 1306**  
**First Aid**

**Western Texas College**  
**Department of Physical Education**

- I. Basic Course Information
  - A. Course description - This course combines the study of first aid and safety education as recommended by the American Red Cross, together with the methods of prevention and care of injuries occurring in physical education and athletics. Upon completion, a participant will receive the American Red Cross Community C.P.R. and Standard First Aid Certificate.
  - B. Prerequisites - none
- II. Student Learning Outcomes
  - A. Explain the workings of the systems in the human body particularly those systems, which are likely affected in emergency care.
  - B. Recognize and meet the needs of emergency situations including (but not limited to) first aid care, emergency assistance, life support skills, EMS protocols, CPR, and AED.
  - C. Justify layperson and professional roles and responsibilities in emergency situations including but not limited to legal ramifications, barriers to action, requirements for action, and psychological responses.
  - D. Explain and demonstrate skills for treating victims including (but not limited to) musculoskeletal injuries, bleeding, choking, and environmental emergencies.
  - E. Explain and demonstrate skills for respiratory distress including (but not limited to) CPR, rescue breathing, obstructed airway, and usage of an AED devices.
  - F. Promote safety and preventative educational methods that reduce the risk of injury, accidents, and life-style related diseases.
- III. Major Course Requirements and Grading Standards
  - A. Attendance is a key component to grading; unexcused absences in excess of two missed class sessions will result in a deduction of one class grade per absence beginning with the third unexcused absence
  - B. Labs: There will be multiple labs spaced throughout the semester, including skill evaluations and CPR labs
  - C. Exams: Four major exams will be spaced throughout the semester. Exam questions may include any combination of the following: true/false, multiple choice, fill in the blanks, short answer, and essay. Tests will be open book, and each individual enrolled in class must possess their own book.
- IV. Information on Books and Other Course Material
  - A. *Emergency Response* (American Red Cross). ISBN-10: 978-1-58480-095-8, Staywell Publishing.
- V. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
  - A. Campus Calendar

- B. Final Exam schedule
- C. How to drop a class
- D. Withdrawal information
- E. Student Conduct/Academic Integrity
- F. Students with disabilities

VII. Course Organization and Tentative Schedule

Week 1	Course introduction and Expectations The First Responder
Week 2	Well Being and Protecting the First Responder Legal and Ethical Issues
Week 3	Human Body Systems LAB
Week 3	Lifting and Moving Assessment
Week 4	Breathing Emergencies and Breathing Devices Cardiac Emergencies
Week 5	On the Field Acute Care and Emergency Procedures Bleeding and Shock
Week 6	Test #1 Specific Injuries
Week 7	Muscle and Bone Injuries/Splinting Injuries to the Head, Neck, and Back
Week 8	Poisoning Test #2
Week 9	The Foot The Ankle and Lower Leg
Week 10	Infants and Children EMS Support and Operations
Week 11	Test #3 Emergency Response
Week 12	Emergency Response Emergency Response
Week 13	Emergency Response Emergency Response
Week 14	Review/TBA Review
	Final - TBD

Last Modified March 19, 2018