George Mason University  
College of Education and Human Development  
Athletic Training Education Program

ATEP 120–DL1–First Aid and Emergency Care  
2 Credits, Spring 2017  
Practical Skills Meeting Days:  
2/24/17 & 3/3/17—8am-10am Bull Run Hall 148—Science & Technology Campus  
Final Skills Assessment Day:  
3/10/17—8am-10am Bull Run Hall 148—Science & Technology Campus

FACULTY  
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Office Hours: By Appointment  
Office Location: TBD  
Office Phone: 571-377-7082  
Email Address: jryder@gmu.edu

PREREQUISITES  
None

UNIVERSITY CATALOG COURSE DESCRIPTION  
Covers emergency management procedures for various injuries and sudden illnesses, including 1- and 2- person CPR, and use of an Automated External Defibrillator (AED) for cardiac emergencies and basic first aid techniques; certification in first aid and CPR.

COURSE OVERVIEW  
The course contains both a lecture and practical component. Certification in first aid and CPR will be awarded upon the satisfactory completion of the written and practical course requirements.

COURSE DELIVERY METHOD  
This course will be delivered online (76% or more) using an asynchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on January 23, 2017, Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

TECHNICAL REQUIREMENTS  
To participate in this course, students will need to satisfy the following technical requirements:

• High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).

• Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
• Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
• Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
• The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
  o Adobe Acrobat Reader: https://get.adobe.com/reader/
  o Apple Quick Time Player: www.apple.com/quicktime/download/

**EXPECTATIONS**

• **Course Week:**
  Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish on Sunday.

• **Log-in Frequency:**
  Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 2 times per week.

• **Participation:**
  Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

• **Technical Competence:**
  Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

• **Technical Issues:**
  Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

• **Workload:**
  Please be aware that this course is not self-paced. Students are expected to meet specific deadlines and due dates listed in the Class Schedule section of this syllabus. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

• **Instructor Support:**
  Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

• **Netiquette:**
  The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal
offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- **Accommodations:**
  Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

**COURSE OBJECTIVES**

This course is designed to enable students to do the following:

1. Demonstrate all competencies necessary for CPR/AED certification to Emergency Care & Safety Institute standards
2. Operate an Automatic External Defibrillator (AED)
3. Demonstrate all competencies necessary for First Aid for Emergency Care & Safety Institute standards
4. Perform a head to toe survey of a patient and to report information to responding medical personnel
5. Recognize and properly assist in treating breathing emergencies (e.g. choking, asthma) and medical emergencies (e.g. Heart Attack, Stroke, Fainting, Seizures, Shock, and Diabetic emergencies)
6. Demonstrate control of internal and external bleeding and shock in a patient by the use of multiple methods (e.g., direct pressure bandages, elevation, and direct pressure to appropriate pressure points)
7. Identify and provide initial first aid for soft tissue injuries (e.g. laceration, incision, avulsion and amputation injuries), burns (1st, 2nd, and 3rd degree), and musculoskeletal injuries (e.g. dislocations, sprains, and strains)
8. Recognize environmental emergencies (e.g. heat stroke, frost burn, dehydration) and properly treat patients of such emergencies

**PROFESSIONAL STANDARDS**

Upon completion of this course, students will have met the following professional standards:

1. 2010 International Consensus Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC)
2. Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies in one or more of the following content areas: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration, professional development and responsibility.
3. National Association for Sport and Physical Education (NASPE)
   Domain 2: Safety and Injury Prevention

| Standard 5 | Prevent Injuries by providing safe facilities |
| Standard 7 | Monitor Environmental conditions and modify participation as needed to ensure the health and safety of participants |
| Standard 8 | Identify physical conditions that predispose athletes to injuries |
Standard 9 Recognize injuries and provide immediate appropriate care

SUGGESTED TEXTS


COURSE PERFORMANCE EVALUATION
ATEP 120 is a pass or fail course. **Failing any part or any of the performance evaluation requirements will result in failing the course.**

Students must achieve a passing grade of 80% or better on the Emergency Care & Safety Institutes’ (ECSI) First Aid, CPR and AED on-line materials and perform live First Aid and CPR/AED skills at a competency level demonstrated by ECSI.

1. Quizzes
Quizzes over readings and presented material will be conducted throughout the course. All quizzes will be multiple choice and true and false. Students MUST earn 80% or greater on each quiz to achieve a passing grade. All quizzes must receive a passing grade in order to attempt the live skills tests. All quizzes must receive a passing grade in order to obtain Certificates of Completion by ECSI.

2. First Aid and CPR/AED Live Skills Tests
This test will evaluate students’ ability to perform First Aid and Emergency Care techniques as demonstrated by ECSI. **The student must have the course completion certificate in order to complete live skills check off.**

**Students must demonstrate skills at a competency level demonstrated by ECSI on both Skills Tests (First Aid and CPR/AED) to qualify for ECSI certification and pass the course**

<table>
<thead>
<tr>
<th>EVALUATION</th>
<th>NUMBER</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes</td>
<td>7</td>
<td>Pass/Fail*</td>
</tr>
<tr>
<td>First Aid Skills Test</td>
<td>1</td>
<td>Pass/Fail*</td>
</tr>
<tr>
<td>Basic CPR/AED Skills Test</td>
<td>1</td>
<td>Pass/Fail*</td>
</tr>
<tr>
<td>To Pass Course student must</td>
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<td></td>
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<tr>
<td>achieve 80% or better on ECSI</td>
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<tr>
<td>online materials. Student must</td>
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<tr>
<td>demonstrate to ECSI competency</td>
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</tr>
<tr>
<td>level First Aid Skills. Student</td>
<td></td>
<td></td>
</tr>
<tr>
<td>must demonstrate to ECSI competency level CPR/AED Skills.</td>
<td></td>
<td>Pass/Fail *</td>
</tr>
</tbody>
</table>
*The student's grade will be based on the following scale:

Pass     100-80
Fail     79.9-0

**PROFESSIONAL DISPOSITIONS**

Students are expected to exhibit professional behaviors and dispositions at all times.

**Class Schedule**

On-line material can be completed at the student’s designated pace, but a course calendar is provided for a suggested timeline for course completion. Skills practice dates and times have been scheduled and are posted on page 1 of syllabi. *Students MUST attend at least ONE practice session and MUST attend the final skills assessment.*

<table>
<thead>
<tr>
<th>WEEK</th>
<th>TOPIC</th>
<th>ASSIGNMENT</th>
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</table>
| 1    | Course Intro, First Aid, CPR/AED | -Background Information  
-Action at an Emergency  
-Finding Out What’s Wrong  
-CPR  
-AED  
-Cardiovascular Emergencies |
| 2    | First Aid, CPR/AED | -Bleeding, Wounds  
-Shock  
-Burns  |
| 3    | First Aid, CPR/AED | -Head & Spine Injuries  
-Chest & Abdominal Injuries  
-Bone, Joint, Muscle Injuries  |
| 4    | First Aid, CPR/AED | -Medical Emergencies  
-Poisoning, Bites & Stings  
-Heat & Cold Emergencies  
-Rescuing & Moving Victims  |
| 5    | First Aid, CPR, AED | *Print certificate upon completion; to be presented to instructor at first skills practice session* |

*Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.*

**CORE VALUES COMMITMENT**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: [http://cehd.gmu.edu/values/](http://cehd.gmu.edu/values/).
GMU POLICIES AND RESOURCES FOR STUDENTS

Policies

• Students must adhere to the guidelines of the Mason Honor Code (see http://oai.gmu.edu/the-mason-honor-code/).

• Students must follow the university policy for Responsible Use of Computing (see http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/).

• Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.

• Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see http://ods.gmu.edu/).

• Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

• Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or https://cehd.gmu.edu/aero/tk20. Questions or concerns regarding use of Blackboard should be directed to http://coursesupport.gmu.edu/.

• The Writing Center provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see http://writingcenter.gmu.edu/).

• The Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students’ personal experience and academic performance (see http://caps.gmu.edu/).

• The Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see http://ssac.gmu.edu/). Students in need of these services may contact the office by phone at 703-993-3686. Concerned students, faculty and staff may also make a referral to express
concern for the safety or well-being of a Mason student or the community by going to http://ssac.gmu.edu/make-a-referral/.

For additional information on the College of Education and Human Development, please visit our website https://cehd.gmu.edu/.

E-MAIL CORRESPONDENCE

Only messages that originate from a George Mason University address will be accepted. The following is an appropriate professional format:

Dear Ms. Ryder, *(Beginning salutation)*

I am looking forward to your class. *(Text body)*

Regards, *(Ending Salutation)*

Ms. Ryder *(Your name)*

SPECIAL REQUIREMENT

The student will use issued supplies to practice skills that are taught in the laboratory section of the course as well as access to on-line materials and certification cards. A laboratory fee of $50.00 for this course was assessed through financial aid.
Instructions to purchase and access certification materials for First Aid, CPR, and AED Interactive, 7th Edition

1. Go to the following website http://www.ecsinstitute.org/courses/course.aspx/online. Purchase the *First Aid, CPR, and AED Interactive, Seventh Edition*

2. Check the box “To Proceed, you must check the box on the left to verify that you understand and accept the terms listed above”, then click submit.
3. Confirm you have selected First Aid, CPR, and AED Interactive, Seventh Edition. Use the promotional code VASC6 to receive discount.

4. Create New User Registration if this is your first purchase with ECSI. If you have purchased a course previously sign in with your information.

5. Complete your information and review your order for First Aid, CPR, AED Interactive, Seventh, Edition. Once you have confirmed and placed your order an access code with instructions will be sent to your email account. Follow the instructions in the email sent to you to begin your coursework.
NOTE: At the end of the course you will be able to print a completion certificate for First Aid, CPR, AED. YOU MUST PRINT THE CERTIFICATE AND BRING IT TO CLASS TO COMPLETE THE SKILLS PORTION OF THE EXAM!!!!

GEORGE MASON UNIVERSITY

School of Recreation, Health, and Tourism