

GEORGE MASON UNIVERSITY
College of Education and Human Development
Athletic Training Education Program

ATEP 120 – DL4 — First Aid and Emergency Care
2 credits, Spring 2021

Practical Skills Meeting Days

March 19th, April 2nd, & April 9th: 9:00-11:00 AM – Fairfax Campus, Recreation/Athletic Complex 2203

Final Skills Assessment Days

April 16th & April 23rd: 9:00-11:00 AM – Fairfax Campus, Recreation/Athletic Complex 2203

Faculty

Name: Katie Grover, MS, LAT, ATC
Office Hours: By Appointment
Email Address: kgrover3@gmu.edu

Prerequisites/Corequisites

None

University Catalog Course Description

Covers basic emergency management procedures for various injuries and sudden illnesses, including CPR and use of an Automated External Defibrillator (AED) for cardiac emergencies and basic first aid techniques; certification in First aid and CPR and AED.

Course Overview

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

Course Delivery Method

This course will be delivered online using an asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before “@masonlive.gmu.edu) and email password. The course site will be available on March 15, 2021.

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 standard up-to-date browsers. To get a list of Blackboard’s supported browsers see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers
To get a list of supported operation systems on different devices see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems
- 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 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:
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
 - 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, at a minimum this should be 2 times per week.
- **Participation:** Students are expected to actively engage in all course activities throughout the semester, which include viewing of 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 are expected to seek assistance if they are struggling with technical components of the course.
- **Technical Issues:** Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- **Workload:** Expect to log in to this course **at least three times a week** to read announcements, participate in the discussions, and work on course materials. Remember, this course is **not** self-paced. There are **specific deadlines** and **due dates** listed in the **CLASS SCHEDULE** section of this syllabus to which you are expected to adhere. 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 ensure accessibility must be registered with George Mason University Disability Services.

Learner 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. Perform all competencies necessary for basic First Aid for Emergency Care & Safety Institute standards.
4. Recognize and properly assist in treating breathing emergencies and medical emergencies.
5. Demonstrate control of bleeding and shock in a patient.
6. Identify and provide initial first aid for soft tissue and musculoskeletal injuries.
7. Recognize environmental emergencies and properly apply basic first aid to assist a patient.

Professional Standards

Further, upon completion of this course, students will meet the following professional accreditation 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 |

Required Text

Thygerson AL, (2011). *First Aid, CPR and AED Interactive 7th Edition*, Jones & Bartlett Learning
It is suggested you use Google Chrome to access the ECSI website (<https://www.ecsinstitute.org/>) and to complete your on-line modules as not all internet browsers are supported by the ECSI website.

Course Performance Evaluation

ATEP 120 is a pass or fail course. ****Failing any part of the on-line modules 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. Instructions on how to access the ECSI website, course information, and purchasing are provided at the end of this syllabus.

Participation

Students are expected to complete the online ECSI CPR course modules. In addition, students are expected to physically attend class on the following dates & times:

Friday, 3/19/2021 9:00AM -11:00AM

Friday, 4/2/2021 9:00AM-11:00AM

Friday, 4/9/2021 9:00AM-11:00AM

Final Exam: First Aid and CPR/AED Live Skills Tests

A final exam (check your understanding) must be completed at the end of the ECSI on-line course modules. Students **MUST** earn 80% or greater to achieve a passing grade. The student must receive a passing grade in order to attempt the live skills tests. Students must receive a passing grade on Exam in order to obtain Certificates of Completion by ECSI.

This test will evaluate students' ability to perform First Aid and Emergency Care techniques as demonstrated by ECSI.

The final exam/live skills test is on Friday, 4/16/2021 & Friday, 4/23/2021 at 9:00AM – 11:00AM.

NOTE: In order to complete the exam and pass the course, the student must hand in a completed ECSI certificate indicating completion of the online course modules.

****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****

| EVALUATION | NUMBER | POINTS |
|---|--------|-------------|
| On-Line Modules Final Exam | 1 | Pass/Fail* |
| First Aid Skills Test | 1 | Pass/Fail* |
| Basic CPR/AED Skills Test | 1 | Pass/Fail* |
| To Pass Course student must achieve 80% or better on ESCI online materials. Student must demonstrate to ESCI competency level First Aid Skills. Student must demonstrate to ESCI competency level CPR/AED Skills. | | Pass/Fail * |

*The student's grade will be based on the following scale:

Pass - Students attend practice sessions and successfully 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

Fail - Students do not attend practice sessions and/or do not demonstrate skills at a competency level demonstrated by ECSI

Professional Dispositions

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

See <https://cehd.gmu.edu/students/polices-procedures/>

Suggested Class Schedule

| WEEK | TOPIC | ASSIGNMENT |
|---|---------------------|---|
| 1 – Online Modules | First Aid, CPR, AED | -Introduction -Before Helping Take the Appropriate Actions -Bleeding, Wounds -Head and Spinal Injuries -Chest & Abdominal Injuries -Bone, Joint, Muscle Injuries |
| 2 – Online Modules & In Person Meeting | First Aid, CPR/AED | -Burns -Sudden Illnesses - Heart Attack and Stroke - Shock -Bites and Stings -Heat and Cold Related Emergencies -Poisoning -First Aid Check off |
| 3 – Online Modules | First Aid, CPR, AED | -CPR -AED -Emergency Rescues, Moves and Priorities |
| 4 – Online Modules & In Person Practice | First Aid, CPR, AED | -Complete remaining modules -Review CPR skills -Prepare for Final Exam |
| 5 – Online Modules & In Person Practice | First Aid, CPR, AED | -Complete remaining modules -Review CPR skills -Prepare for Final Exam |
| 6 – In-Person Final Exam – Live Skill Test <i>Friday, 4/16/2021, 9-11AM</i> | First Aid, CPR, AED | - Check Your Understanding Final Exam <i>*Print certificate upon completion; to be presented to instructor at first skills</i> |
| 7 – In-Person Final Exam – Live Skill Test <i>Friday, 4/23/2021, 9-11AM</i> | First Aid, CPR, AED | - Check Your Understanding Final Exam <i>*Print certificate upon completion; to be presented to instructor at first skills</i> |

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/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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

Email Correspondence

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

Dear Mrs. Grover, (*Beginning salutation*)

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

Regards, (*Ending Salutation*)

(*Your name*)

Special Requirement

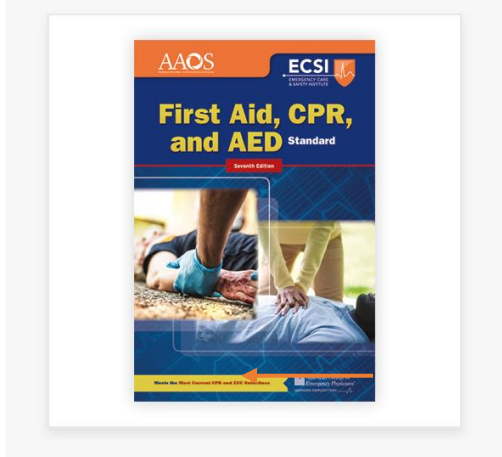
The student will use issued supplies to practice skills that are taught in the laboratory section of the course as well as access to on-line materials and certification cards. A laboratory fee of \$50.00 for this course was assessed through financial aid.

Nature of Course Delivery

Hybrid -including asynchronous on-line materials presentation and live skill practice and evaluation. 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 class for the two designated dates, and the final exam in order to pass the course.***

**Instructions to purchase and access certification materials for
First Aid, CPR and AED Interactive 7th Edition
Instructions to purchase online certification material For *First Aid, CPR and AED Interactive***

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



2. Under Available Resources click Additional tools and select Online. This allows you to have the online modules to complete.

First Aid, CPR, and AED Interactive
Seventh Edition

American Academy of Orthopaedic Surgeons (AAOS); American College of Emergency Physicians (ACEP); Alton L. Thygeson, EdD, FAWM; Steven M. Thygeson, PhD, MSPH

AVAILABLE RESOURCES

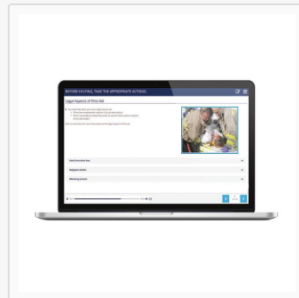
Text Formats

Navigate Resources & Packages

Additional Tools & Online Resources

Instructors Resources

Online



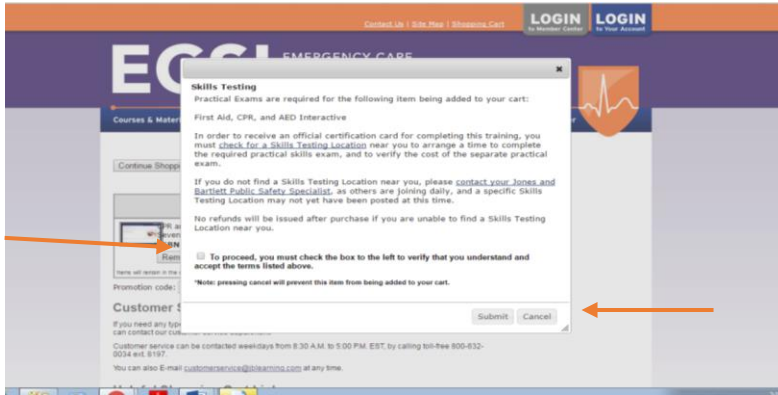
SKU: 9781284133837 | © 2017

Access code subscription length: 365 Days


Quantity **\$19.50**

Ordering Options

3. 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.

| | Quantity | Unit Price | Total |
|---|--------------------------|------------|---------|
|  First Aid, CPR, and AED Interactive, Seventh Edition ISBN: 9781284133837 Remove | 1 Update | \$19.50 | \$19.50 |

Items will remain in the cart for the next **24 hours**

Promotion code: [Apply to Order](#) **Subtotal: \$19.50**

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.

Checkout Options

[1 Sign In](#) |
 [2 Customer Information](#) |
 [3 Payments](#) |
 [4 Review Order](#) |
 [5](#)

Returning Users Sign In

Username:

Password:

[Forget your username or password?](#)

New User Registration

- It will only take a minute.
- It's easy
- And it's **free!**

Need Assistance? [Contact Technical Support](#)

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: When selecting your instructor select "Open Enrollment." If you have any issues with your purchase please contact ECSI directly.*****

SAFE RETURN TO CAMPUS AND REMOTE LEARNING GUIDANCE FOR STUDENTS ENROLLED IN CEHD COURSES

Both a Safe Return to Campus and Successful Remote Learning Depend on YOU.

All students are required to take **Safe Return to Campus Training** prior to visiting campus: it is, however, recommended for all Mason students. Training is available in [Blackboard](#).

Students are required to follow the university's public health and safety precautions and procedures outlined on the university [Safe Return to Campus webpage](#).

All students in face to face and hybrid courses must also complete the **Mason COVID Health Check daily**, seven days a week.

- You may not come to class if you receive a Yellow or Red email response to the Mason COVID Health Check.
 - You may only come to class if you receive a Green email response to the Mason COVID Health Check.
 - If you suspect that you are sick or have been directed to self-isolate, quarantine, or get testing do not go to class.
 - Faculty are allowed to ask you to show them that you have received a Green email and are thereby permitted to be in class.
-

Disability Services: Students unable to participate in a course in the manner presented, either due to existing disability or COVID comorbidity risk, should seek accommodations through the [Office of Disability Services](#).

Campus Closure: If the campus closes or class is canceled due to weather or other concerns, students should check [Blackboard](#), Mason email, or the [Mason website](#) for updates on how to continue learning and information about any changes to events or assignments.

Participation and Make-up Work: CEHD instructors will work with students to find reasonable opportunities to make up class work or assignments missed due to documented illness. Begin by contacting your instructor for guidance. For further assistance, students may contact their program and the CEHD Office of Student and Academic Affairs (cehdsaa@gmu.edu).

Technology Requirements:

- Activities and assignments in CEHD courses regularly use the [Blackboard](#) learning system. Students are required to have regular, reliable access to a computer with an updated operating system (recommended: Windows 10 or Mac OSX 10.13 or higher) and a stable broadband Internet connection (cable modem, DSL, satellite broadband, etc., with a consistent 1.5 Mbps [megabits per second] download speed or higher).
 - Additionally, CEHD course activities and assignments may regularly use web-conferencing software (Blackboard Collaborate / Zoom). In addition to the requirements above, students are required to have a device with a functional webcam and microphone. In an emergency, students can connect through a telephone call, but video connection is the expected norm.
-

Course Materials and Student Privacy:

- All course materials posted to Blackboard or other course site are private; by federal law, any materials that identify specific students (via their name, voice, or image) must not be shared with anyone not enrolled in this class.
 - Video recordings of class meetings that include audio or visual information from other students are private and must not be shared.
 - Live Video Conference Meetings (e.g. Collaborate or Zoom) that include audio or visual information from other students must be viewed privately and not shared with others in your household.
 - Some/All of your CEHD synchronous class meetings may be recorded by your instructor to provide necessary information for students in this class. Recordings will be stored on Blackboard [or another secure site] and will only be accessible to students taking this course during this semester.
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Testing with LockDown Browser:

CEHD courses may require the use of LockDown Browser and a webcam for online exams. The webcam can be built into your computer (internal webcam) or can be the type of webcam that plugs in with a USB cable (external webcam). [Information on installing and using LockDown Browser may be found here.](#)

You will need the following system requirements for online exams:

- Windows: 10, 8, 7
- Mac: OS X 10.10 or higher
- iOS: 10.0+ (iPad only)
- Must have a compatible LMS integration
- Web camera (internal or external) & microphone
- A reliable internet connection
- Prior to your first exam, you must install LockDown Browser following the step-by-step instructions linked above.

To ensure LockDown Browser and the webcam are set up properly, do the following:

- Start LockDown Browser, log into Blackboard and select your course.
- Locate and select the Help Center button on the LockDown Browser toolbar.
- Run the Webcam Check and, if necessary, resolve any issues or permissions your computer prompts.
- Run the System & Network Check. If a problem is indicated, see if a solution is provided in the [Knowledge Base](#). Further troubleshooting is available through the [ITS Support Center](#).
- Exit the Help Center and locate the practice quiz.
- Upon completing and submitting the practice quiz, exit LockDown Browser.

When taking an online exam that requires LockDown Browser and a webcam, remember the following guidelines:

- Ensure you're in a location where you won't be interrupted.
- Turn off all other devices (e.g. tablets, phones, second computers) and place them outside of your reach.
- Clear your desk of all external materials not permitted — books, papers, phones, other devices.
- Before starting the test, know how much time is available for it, and that you've allotted sufficient time to complete it.
- Remain at your computer for the duration of the test. Make sure that your computer is plugged into a power source, or that battery is fully-charged.
- If the computer or networking environment is different than what was used previously with the Webcam Check and System & Network Check in LockDown Browser, run the checks again prior to starting the test.

To produce a good webcam video, do the following:

- Do not wear a baseball cap or hat with a brim that obscures your face.
- Ensure your computer or tablet is on a firm surface (a desk or table). Do NOT have the computer on your lap, a bed, or any other surface where the device (or you) are likely to move.
- If using a built-in (internal) webcam, avoid tilting the screen after the webcam setup is complete.
- Take the exam in a well-lit room and avoid backlighting, such as sitting with your back to a window.
- Remember that LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted.