

Boone High School

First Aid and Safety

Course Syllabus

Instructor: Mr. Wheeler, MA, ATC, LAT, CSCS

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Course Description: This course introduces the knowledge, skills, and values necessary to identify, prevent, and care for injuries and illnesses that may be encountered by athletes and physically active individuals.

Required Text: Arnheim, D.D., & Prentice, W.E. (2000). Principles of Athletic Training. 8th ed.

Course Objectives: Following completion of the course Prevention and Treatment of Athletic Injuries the student will be able to:

1. Identify the roles of each member of the sports medicine team.
2. Describe the role of the major sports medicine organizations.
3. Describe the role of the major sports injury surveillance systems.
4. Describe the major legal concerns associated with the profession of athletic training.
5. Describe basic training and conditioning techniques.
6. Prevent, identify, and treat common conditions occurring in extreme environments.
7. Properly select, prepare, and apply common protective equipment.
8. Perform first aid, CPR, and spine boarding procedures.
9. Prepare for and act appropriately in emergencies.
10. Describe the proper procedures associated with bloodborne pathogens.

11. Provide emergency care for injuries and illnesses commonly encountered by athletes and physically active individuals.
12. Prevent, identify and treat special conditions common to active individuals.

- Grading:** You will be graded through use of the following tools:
Final Exam
Practical / Lab Assignments
Weekly Written Quizzes
Observation Hours
Each counts equally toward your grade except for the final exam which counts for 20%.
- Attendance:** Students are expected to attend all classes. This is due to the fact that each class builds on the previous class, and information will be hard to catch up.
- Tests/Exam:** Tests/Exam are not comprehensive. No make-ups will be issued without prior arrangement.
- Observation Hours:** Students are expected to do observation hours throughout the semester in order to get a better feel for athletic training and working with athletic populations. This should be in the realm of 30 hours for the semester.
- CPR / AED CERTIFICATION:** Before the end of this class there will be an opportunity for students to obtain basic CPR and AED certification. This is a requirement of any college athletic training program, and the National Association of Athletic Training Board of Certification. There will be a small cost (\$5) associated with this certification opportunity.
- Grading Scale:**
- 93 - 100 = A
 - 90 - 92 = A-
 - 87 - 89 = B+
 - 83 - 86 = B
 - 80 - 82 = B-
 - 77 - 79 = C+
 - 73 - 76 = C
 - 70 - 72 = C-
 - 67 - 69 = D+
 - 63 - 66 = D
 - 60 - 62 = D-
 - <60 = F