

Hagerstown Community College
MASTER SYLLABUS

COURSE: HEA 205-Sport First Aid and CPR **3 Credits** **DATE:** Fall 2016

INSTRUCTOR:

COURSE DESCRIPTION:

Sport First Aid and CPR is a course specifically designed for those entering the fields of coaching, officiating, or other related HPELS disciplines. Students will acquire knowledge and skills that are specific to the various injuries that are most common in individual and team sports. It is highly recommended that this course be taken prior to enrolling in PED 216; Care and Prevention of Athletic Injuries. Students will have the opportunity to receive certification in CPR/AED and First Aid upon successful completion of the course.

TEXTBOOK:

STUDENT LEARNING OUTCOMES:

- Demonstrate and follow the Action Steps for a specific athletic-related situation.
- Demonstrate life saving techniques in a given athletic-related situation.
- Demonstrate and determine the proper care for a given injury or sudden illness.
- Identify and name various basic anatomy and sports medicine terminology.
- Create a sport-specific portfolio of common injuries and evaluations using MLA format.
- Calculate various standard fitness formulas that relate to athletic training and injury prevention

Total Hours of Coursework:

To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute “academic” hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit.

For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

Academic Integrity: The HCC Student Code of Conduct is published in the College Guide: A Handbook Planner for Students and may be obtained in the Student Activities Office. The Code of Conduct includes principles, rights, and prohibited conduct related to academic integrity and due process.

Services for Students with Special Needs: Students who have special needs are encouraged to identify themselves to the Coordinator of Disability Services as early as possible. Reasonable accommodations based on current documentation are provided to qualified students

MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE

LECTURE	DIRECT Faculty Instruction In-class 37.5 h required	Student Work Out of Classroom 75 h required
In-class instruction, including: 1) ARC Exams 2) Practical Exams 3) Skills Check-offs	37.5 h	
Assigned Readings		25 h of reading, taking notes, etc.
ARC Written Exams		10 h prep
Practical Application/Exams		15 h
Portfolio Assignments		20 h
Cumulative Final Exam		5 h
Total Hours	37.5 h	75 h