Syllabus

DATE OF LAST REVIEW: 02/11/2013

CIP CODE: 51.0908

SEMESTER: Departmental Syllabus

COURSE TITLE: Sports Safety

COURSE NUMBER: ALHT0250

CREDIT HOURS: 2

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITES: None

REQUIRED TEXT AND MATERIALS:
Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION:
This course teaches sports safety. It includes selecting facilities, identifying hazards, planning for emergencies, as well as preventing and treating sport injuries including first aid and CPR. The class follows content from the American Red Cross and the United States Olympic Committee. Participants successfully completing the class may be eligible to earn an American Red Cross Sport Safety Training certificate.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

1. Introduction and principles of first aid
II. Youth Athletes’ Bill of Rights
III. Checking an ill or injured athlete
IV. Breathing emergencies
V. Cardiac emergencies
VI. Coaches’ Safety Responsibilities: Preventing Injuries
VII. Injuries to soft tissue
VIII. Injuries to muscles, bones, and joints
IX. Sudden illness

EXPECTED LEARNER OUTCOMES:

A. The student will be able to discuss the principles of sports safety.
B. The student will be able to perform basic care in cardiopulmonary emergencies.
C. The student will be able to perform basic care for soft tissue injuries.
D. The student will be able to perform basic care for musculoskeletal injuries.
E. The student will be able to perform basic care for sudden illnesses.

COURSE COMPETENCIES:

The student will be able to discuss the principles of sports safety.
1. The student will be able to explain the coach’s safety responsibilities.
2. The student will be able to describe how to select safe athletic facilities.
3. The student will be able to describe a safety respond action plan for a sports facility.
4. The student will be able to identify hazardous conditions that may place athletes, coaches, officials, or spectator at risk for injury.
5. The student will be able to explain how the EMS system works.
6. The student will be able to explain the coach’s role in EMS.
7. The student will be able to explain the coach’s role in injury prevention.
8. The student will be able to discuss the Youth Athletes’ Bill of Rights.

The student will be able to perform basic care in cardiopulmonary emergencies.
9. The student will be able to identify signals of breathing difficulty.
10. The student will be able to demonstrate how to respond to breathing difficulty.
11. The student will be able to identify choking.
12. The student will be able to demonstrate how to respond to choking.
13. The student will be able to identify major cardiovascular risk factors.
14. The student will be able to describe how to minimize cardiovascular risk factors.
15. The student will be able to recognize a possible heart attack.
16. The student will be able to describe how to care for someone with persistent chest pain.
17. The student will be able to recognize cardiac arrest.
18. The student will be able to demonstrate how to provide CPR.
19. The student will be able to identify life-threatening bleeding.
20. The student will be able to demonstrate how to control bleeding.
21. The student will be able to identify signs of shock.
22. The student will be able to describe how to minimize the effect of shock.

The student will be able to perform basic care for soft tissue injuries.
23. The student will be able to recognize soft tissue injuries.
24. The student will be able to demonstrate how to respond to soft tissue injuries.

_The student will be able to perform basic care for musculoskeletal injuries._

25. The student will be able to recognize musculoskeletal injuries.
26. The student will be able to demonstrate how to respond to musculoskeletal injuries.

_The student will be able to perform basic care for sudden illnesses._

27. The student will be able to identify sudden illness.
28. The student will be able to describe how to assess sudden illness.
29. The student will be able to identify poisoning.
30. The student will be able to explain how to respond to poisoning.
31. The student will be able to identify bites and stings.
32. The student will be able to explain how to respond to bites and stings.
33. The student will be able to recognize heat and cold emergencies.
34. The student will be able to explain how to respond to heat and cold emergencies.
35. The student will be able to recognize when to move a victim in an emergency situation.
36. The student will be able to describe how to move a victim in an emergency.

**ASSESSMENT OF LEARNER OUTCOMES:**
Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

Participants seeking an American Red Cross Sports Safety card must meet the testing and competency requirements of the American Red Cross.

**SPECIAL NOTES:**
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome at any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans With Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of the Academic Resource Center at 288-7670.