

FACULTY OF HEALTH – KINESIOLOGY AND HEALTH SCIENCE
York University
2023-2024

Course: HH/PKIN 0761 – First Responder for Athletic Therapy I
HH/PKIN 0762 – First Responder for Athletic Therapy II

Course Webpage: eClass

Term: Fall Term 2023 / Winter Term 2024

Prerequisite / Co-requisite: HH/PKIN 0750 OR
Current Red Cross Standard First Aid and Basic Rescuer CPR

This course is open ONLY to first year students in the Athletic Therapy Certificate Program

Course Instructors

Cathy Salvo, CAT(C)	Michael Modica, CAT(C)
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By appointment only	By appointment only

Time and Location

Lectures/Labs: FRI 8:00-10:00am/ 10:00-12:00pm SC114/116

**This course has some scheduled extra classes throughout the fall and winter semesters. As well, students will attend some field and clinical events to support course curriculum throughout the school year. These aspects will be scheduled in consultation with the course instructors and consideration for student academic schedules. **

Expanded Course Description

This course is designed to satisfy the requirements of the Canadian Red Cross First Responder course within a sports medicine format. The course will be lecture, hands on and scenario based. Students will receive theoretical information, specifics on applying information in practical sports medicine situations, and students will participate in practice scenarios to reinforce the learning process. Students will participate in class discussions to complement required readings and assignments in the course. This course is required for the Athletic Therapy Certificate Program.

Course Objectives

(1) Brief statement of the purpose:

The purpose of this course is to assist students in developing first response skills within a sports medicine setting. Students will be able to critically analyse specific injury situations and then apply appropriate interventions to prevent further harm and mediate the situation.

(2) Brief list of specific learning outcomes of the course:

- By the end of this course, students will be proficient in:
 - Assessing and managing airway, breathing and circulatory emergencies (including cardiopulmonary resuscitation and use of an automated external defibrillator)
 - Oxygen therapy
 - Assessment and care of musculoskeletal injuries
 - Applying theory to critically evaluate practical scenarios.
- Provide first year athletic therapy students with the skills necessary to provide entry-level health care to the athlete.
 - Provide experiences that include sports requiring protective equipment.
 - Assign student to experiences which include their own and the opposite gender along with team and individual sport experience.
 - Provide opportunities to work in a university varsity only athletes clinical setting.
 - Provide opportunities for students to observe and work with a variety of health professionals.
 - Utilize up-to-date equipment as part of the athletic therapy clinic and lab settings.
 - Expose students to standards of practice within the profession.
- Help students develop an overall understanding of the organizational structure of the athletic therapy placement program at York University

Course Text / Readings *

Required: Emergency Care for Professional Responders Textbook & Workbook

* Additional readings may be assigned or recommended during the course (posted to eClass).

Evaluation *

The final grade for the course will be based on the following items weighted as indicated:

Workbook Chapters (19 total)	10%
Experiential Education (EE) Topic Assignment/Presentation (1 x 7%-presentation and 1 x 3% written)	10%
Skills Checklists – in person (10 x 1%)	10%
In Person Quizzes (2 x 5%, 1 x 10% each)	20%
Practical Examinations (1 x 10% and 1 x 20% - scenario based)	30%
Final Written Exam	20%

Please note for ANY practicum that certification is part of the course, 100% attendance is MANDATORY. Without 100% attendance, you will not receive the certification. ***

Fanny Pack Items:

- Fanny Pack
- Clinical Stethoscope
- Blood Pressure Cuff
- Pulse Oximeter
- Pocket Mask
- Oral Airways x3
- Nitrile Gloves
- Scissors

Course Topics / Readings:

CLASS	DATE	TOPIC	READINGS	ASSIGNMENTS / EXAMINATIONS DUE
Fall Term - PKIN 0761/0762 – First Responder I & II				
1	September 8 th	Course Intro & Overview The Professional Responder & Infection Prevention & Control	Chapter 1 Chapter 3	TOPIC ASSIGNMENTS
2	September 15 th	Responding to the Call	Chapter 2	Workbook: Ch 1, 2, 3
3	September 22 nd	Assessment: Scene & Primary Airway Management & Respiratory Emergencies	Chapter 5 Chapter 6	Workbook: Ch 5
4	September 29 th	Airway Management – Oxygen	Chapter 6	EE LEARNING PRESENTATION – Group 1
5	October 6 th	Circulatory Emergencies	Chapter 7	Workbook: Ch 6, 7 Quiz #1
<i>Fall Reading Week October 7 – 13, 2023</i>				
6	October 20 st	Assessment: Secondary & Shock	Chapter 5 Chapter 8	Workbook: Ch 8 Skill #1 – Scene & Primary Assessment
7	October 27 th	Assessment: Secondary & Shock	Chapter 5 Chapter 8	Skills #2 & 3 – Pulse Blood Pressure Assessment
8	November 3 th	Head Injuries/Concussion	Chapter 12	Skill #4 – CPR
9	November 10 th	Head Injuries/Concussion	Chapter 12	Workbook: Ch 12 Quiz #2
10	November 17 th	Spinal Injuries (Canadian C-spine Rules)	Chapter 12	EE LEARNING PRESENTATION- Group 2
11	November 24 th	Spinal Injuries & Equipment Removal	Chapter 12	Skill #5 – Applying a Cervical Collar
12	December 1 nd	Hemorrhage & Soft Tissue Injuries	Chapter 9	Workbook: Ch 9 PRACTICAL EXAM
Winter Term – PKIN 0761/0762 – First Responder I & II				
13	January 12 th	Musculoskeletal Injuries	Chapter 10	Skill #6 – Deadly Bleeding EE LEARNING – Group 3
14	January 19 th	Musculoskeletal Injuries	Chapter 10	Workbook: Ch 10 Skill #7 – Regular & Tubular Slings

15	January 26 th	Reaching, Lifting, and Extricating Patients Multiple Casualty Incidents	Chapter 19 Chapter 21	Workbook: Ch 19, 21
16	February 2 nd	Chest, Abdominal & Pelvic Injuries	Chapter 11	Workbook: Ch 11 Skill #8 – Secondary Assessment
17	February 9 th	Environmental Illnesses	Chapter 15	Workbook: Ch 15 EE LEARNING – Group 4
18	February 16 th	Acute & Chronic Illnesses	Chapter 13	Workbook: Ch 13 Quiz #3
<i>Winter Reading Week February 17-23, 2024</i>				
19	March 1 st	Special Populations Crisis Intervention	Chapter 17 Chapter 18	Workbook: Ch 17, 18 Skill #9 – Rescue Breathing (BVM & PM) EE LEARNING – Group 5
20	March 18 th	Poisoning Pharmacology	Chapter 14 Chapter 22	Workbook: Ch 14, 22 Skill #10 – Supplemental Oxygen
21	March 15 th	Circulatory Emergencies - Review (Scenarios) Head & Spine Injuries - Review (Scenarios)		EE LEARNING – Group 6
22	March 22 th			WRITTEN EXAM
23	March 29 th			GOOD FRIDAY
24	April 5 th	In-Class Practical Exam		PRACTICAL EXAM

EXPERIENTIAL EDUCATION ASSIGNMENT and PRESENTATION:

This assignment and presentation will be divided into 2 parts for a total of 10% for each group. The breakdown is as follows:

Written Assignment = 3%

- Each group will submit a written summary/infographic of their topic.
- This summary/infographic will be made available to all students.
- References must be included in the summary.

PRESENTATION = 7%

- Each group will present their assigned topic to the class, material must be evenly distributed among group presenters.
- Each presentation will be between 20-30 min.
- Present on the relevant research that you found and its efficacy.
- Presentation should include the following:
 - o Introduction – who the group members are.
 - o Explanation of the Topic – to include relevant research.
 - o Demonstration of the Topic – how to perform/manage.
 - o The importance of the Topic – the why?
 - o Conclusion

TOPICS

1. The Importance of a Primary Assessment, Specific to RBS
2. The Efficacy of Spinal Motion Restriction
3. Best Practice for Complex Fracture Splinting (must include: scapula, pelvis, jawbone, comminuted fracture)
4. Different stages of Hypothermia and Intervention
5. Crisis Intervention – Mental Health and the First Responder
6. Management of Deadly Bleeds

SKILLS CHECKLIST – IN PERSON (10 x 1% each):

Skills checklists will be completed during class time.

- 1) Scene & Primary Assessment
- 2) Pulse Assessment
- 3) Blood Pressure Assessment
- 4) CPR
- 5) Applying a Cervical Collar
- 6) Deadly Bleeding
- 7) Regular & Tubular Slings
- 8) Secondary Assessment
- 9) Rescue Breathing (BVM & PM)
- 10) Supplemental Oxygen

IN PERSON QUIZZES:

Quiz #1: October 6th, 2023

- Total = 5% of final grade
- You will have 45 minutes to complete 15 multiple-choice questions.
- Topics = Chapters 1,2,3 & 5

Quiz #2: November 10th, 2023

- Total = 5% of final grade
- You will have 45 minutes to complete 15 multiple-choice questions.
- Topics = Chapters 6,7 & 8

Quiz #3: February 16th, 2024

- Total = 10% of final grade
- You will have 60 minutes to complete 20 multiple-choice questions.
- Topics = First Semester Content + Chapters 9, 10, 11, 12, 15, 19 & 21

PRACTICAL EXAMS:

MIDTERM PRACTICAL EXAM (In-Class – December 1st):

- 10% of your final grade
- **To be performed in partners but graded individually (as per Canadian Red Cross standards)
- Approx. 10min per group to respond to a trauma or medical scenario.
- Must achieve competencies as outlined by CRC standards.

FINAL WRITTEN EXAM: (In-Class – March 22nd)

- 20% of your final grade
- 2 hours / 100 multiple choice questions
- Must achieve a minimum grade of at least 75% as outlined by CRC standards.

FINAL PRACTICAL EXAM (In-Class – April 5th):

- 20% of your final grade
- **To be performed in partners but graded individually** (as per Canadian Red Cross standards)
- Approx. 10min per group to respond to a trauma or medical scenario.
- Must achieve competencies as outlined by CRC standards.

Grading, Assignment Submission, Lateness Penalties and Missed Tests

Grading*: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar -

<http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>

Canadian Red Cross Standards: Ability to complete a written, closed book knowledge evaluation with a minimum mark of 75%

Assignment Submission: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment. ***Assignments must be submitted electronically through Moodle.***

Lateness Penalty: Assignments received later than the due date will be penalized 5% per day. ***No exceptions to the lateness penalty will be entertained.***

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Instructor. The test will be completed at a time confirmed through consultation with the student and the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

ADDITIONAL INFORMATION

Students are required to bring specific equipment to classes including the fanny pack and pack contents distributed at the beginning of the course. This equipment is purchased for each student.

Appropriate attire specific to the professional requirements of athletic therapy will be discussed on the first day of class and should be adhered to through the duration of the course.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents)

- <http://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012.pdf>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation