



Course Syllabus: Emergency Care and First Aid **Gunn College of Health and Human Services**

ATRN 2214 Section 101
Spring 2026

Contact Information

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Course Description

The purpose of this course is to provide the prospective athletic trainer with the skill and knowledge necessary to provide for emergency care, triage, and management of emergencies and life-threatening situations for the physically active. Additionally the course will provide the student with skills in vital signs, splinting, CPR/AED, wound care and emergency transportation, I will use D2L for posting syllabi, course communication, course schedule, attendance, and gradebook. You should regularly check D2L and the email hosted via D2L for important course information. Every Friday class will be emergency care techniques. There will be some Zoom lecture class in addition each Friday.

General Course Information

1. Prerequisites: a. None
2. Credit: Four semester hours
4. Intended Audience: ATRN majors
5. Days, Times, Place: MWF 10-10:50, D.L. Ligon, 223, F-Zoom Lecture, F AT Lab RM 220
6. Texts:
 - a. Rehberg, Robb, Konin, Jeff: "Sports Emergency Care A Team Approach" 3rd edition, Slack Incorporated, 2018
 - b. Prentice, William, "Principles of Athletic Training" A guide to Evidence-Based Clinical Practice, 18th edition, McGraw Hill Education, 2024

Course Objectives

1. Recognize the characteristics of common life-threatening conditions that can occur either spontaneously or as the result of direct trauma to the throat, thorax, and viscera, and identify the management of these conditions
2. Explain and demonstrate the management of external hemorrhage, including the location of pressure points, use of universal precautions, and proper disposal of biohazard materials
3. Recognize the signs and symptoms of head, face, and eye trauma, including loss of consciousness, changes in standardized neurological cranial nerve assessment, and other symptoms that indicate underlying trauma.
4. Recognize the signs and symptoms of trauma to the cervical, thoracic and lumbar spines, the spinal cord, and the spinal nerve roots, to include neurological signs, referred symptoms, and other symptoms that indicate underlying trauma
5. Describe the proper techniques for removing the helmet and shoulder pads from an athlete with suspected cervical spine injury
6. Recognizes proper positioning and immobilization of a person with suspected spinal cord injury when using a spine board or body splint, including preparatory positioning prior to placement of the spine board or body splint
7. Recognize the signs and symptoms of shock and acknowledges the treatment of shock
8. Accept the approved aseptic and sterile methods for cleaning, treating, and bandaging wounds as well as the disposal of biohazard wastes
9. Explain the typical history, signs and symptoms associated with cardiopulmonary conditions
10. Describe the management of Heat and Environmental emergencies
11. Emergency techniques—Upon completion of this course the student will be able to:
 - Determine emergency weather conditions and provide care
 - Determine Emergency wound conditions and provide care
 - Demonstrate appropriate techniques for patient ambulation and transportation
 - Demonstrate appropriate techniques for splinting
 - Demonstrate appropriate techniques for assessing vital signs
 - Demonstrate appropriate equipment removal techniques.
 - Demonstrate appropriate palpation of the abdominal cavity

- Demonstrate appropriate stabilization and transportation of the spine injured athlete

Tentative Course Schedule

Class	Topic	Readings
1/21	Course Syllabus, Emergency Action Plan written project	Class Handouts, Rehberg Chpt 1
1/23	Emergency Action Plan	Arnheim Chpt 12, Rehberg Chapt 2
1/26	Emergency Action Plan	Arnheim Chpt 12, Rehberg Chapt 2
1/28	Emergency Action Plan	Arnheim Chpt 12, Rehberg Chapt 2
1/30	Assessment of Sports Emergencies- Primary and Secondary Survey	Arnheim Chpt 12, Rehberg Chapt 3
2/2	Assessment of Sports Emergencies- Primary and Secondary Survey	Arnheim Chpt 12, Rehberg Chapt 3
2/4	Assessment of Sports Emergencies-Vital Signs	Arnheim Chpt 12, Rehberg Chapt 3
2/6	Assessment of Sports Emergencies- Vital signs	Arnheim Chpt 12, Rehberg Chapt 3
2/9	LAB Vital Signs	
2/9	Management of Hemorrhage, universal precautions, and disposal of Biohazard materials	Arnheim Chpt 14
2/11	Management of Hemorrhage, universal precautions, and disposal of Biohazard materials	Arnheim Chpt 14
2/13	Heat and Environmental Injuries; Emergency Action Plan due 2/15 11 PM	Arnheim Chpt 6, Rehberg 13
2/16	Heat and Environmental Injuries	Arnheim Chpt 6, Rehberg 13
2/18	Heat and Environmental Injuries	Arnheim Chpt 6, Rehberg 13
2/20	Emergencies of the Head, Face, and Eyes; Unit 1 Exam 2/20-2/22 Online	Arnheim Chpt 26, Rehberg Chpt 8
2/23	Emergencies of the Head, Face, and Eyes	Arnheim Chpt 26, Rehberg Chpt 8
2/25	Emergencies of the Head, Face, and Eyes	Arnheim Chpt 26, Rehberg Chpt 8

Class	Topic	Readings
2/27	Emergencies of the Head, Face, and Eyes	Arnheim Chpt 26, Rehberg Chpt 8
LAB	Head, Face, Eyes evaluation	
3/2	Emergencies of the Head, Face, and Eyes	Arnheim Chpt 26, Rehberg Chpt 8
3/4	Emergencies to the Neck and Spine	Arnheim Chpt 25, Rehberg Chpt 6
3/6	Emergencies to the Neck and Spine	Arnheim Chpt 25, Rehberg Chpt 6
3/9	SPRING BREAK-NO CLASS	
3/11	SPRING BREAK-NO CLASS	
3/13	SPRING BREAK-NO CLASS	
3/16	Emergencies to the Neck and Spine	Arnheim Chpt 25, Rehberg Chpt 6
3/18	Emergencies to the Neck and Spine	Arnheim Chpt 25, Rehberg Chpt 6
3/20	Emergencies to the Neck and Spine	Arnheim Chpt 25, Rehberg Chpt 6
LAB	Spine Boarding	
3/23	Immobilization and Transportation	Arnheim Chpt 12, Rehberg Chpt 6
3/25	Immobilization and Transportation	Arnheim Chpt 12, Rehberg Chpt 11
3/27	Immobilization and Transportation; Unit II exam 3/27-3/29 Online	Arnheim Chpt 12, Rehberg Chpt 11
Lab	Splinting and Immobilization	
3/30	Equipment Removal Techniques	Arnheim 12, Rehaberg chpt 6
4/1	Equipment Removal Techniques	Arnheim 12, Rehaberg chpt 6
4/3	Easter Break	
4/6	Equipment Removal Techniques	Arnheim 12, Rehaberg chpt 6
4/8	Emergencies of the Throat, Thorax and Viscera	Arnheim Chpt 27 Rehberg chpt 9,10
4/10	Emergencies of the Throat, Thorax and Viscera	Arnheim Chpt 27 Rehberg chpt 9,10

Class	Topic	Readings
4/13	Emergencies of the Throat, Thorax and Viscera	Arnheim Chpt 27 Rehberg chpt 9,10
LAB	Thorax and Abdominal Evaluation	
4/15	Emergencies of the Throat, Thorax and Viscera	Arnheim Chpt 27 Rehberg chpt 9,10
4/17	Emergencies of the Throat, Thorax and Viscera	Arnheim Chpt 27 Rehberg chpt 9,10
4/20	Stop the Bleed-Laura Pressler, RN United Regional	
4/22	Airway and Cardiovascular Emergencies	Rehberg chpt 4,5
4/24	Airway and Cardiovascular Emergencies	Rehberg chpt 4,5
4/27	Airway and Cardiovascular Emergencies	Rehberg chpt 4,5
LAB	EQUIPMENT REMOVAL	
4/29	Airway and Cardiovascular Emergencies	Rehberg chpt 4,5
5/1	Oral Practical Skills Practice	
5/4	Oral Practical Skills Practice Observation journal due 11 pm 5/6	
5/6	Oral Practical Skills Practice	
5/8	Oral Practical Skills Practice	
Final Exam	Unit Three Exam May 9-12 Online	
Emergency Skill Oral practical	Students will sign up with their partner from class and be tested on taping techniques learned during the semester. This testing will occur during finals week around the students other finals.	

Course Evaluation

1. Course Requirements:
 - a. Completion of the two Unit Exams
 - c. Completion of Lab sessions
 - d. Completion of final exam
 - e. Completion of oral practical exam
 - f. Completion of Observations and Journal
 - g. Completion of Kahoot Discussion
2. Grading:

Assignments	Points
Unit Exams 75 pts each	150
Lab Skill Sessions	80-120
Final Exam	100
Kahoot Discussion	20-30
Observation Hours	50

Assignments	Points
Observation Journal	50
Oral Practical Skill Exam	100
Final Exam	100
Total Points	650-700
Total Points	745-825

3. Grading Scale:

Grade	Points
A	90 to 100% of total points
B	80 to 90% of total points
C	70 to 80% of total points
D	60 to 70% of total points
F	Less than 60 % of total points

Kahoot Discussion

There will be random Kahoot discussion questions during class sessions. The questions will come from assigned readings and presented lectures and serve to enhance a student's learning and provoke discussions. Students should access the Kahoot platform either online or through the Kahoot App. Here is the link for the app: <https://kahoot.com/home/mobile-app/> Student will receive points for being present and answering the questions as well as points for correct answers.

Emergency Action Plan

Students will develop a theoretical Emergency Action Plan for a theoretical school. You may not use Midwestern State University or any of its facilities. The plan will include Introduction, The general action plan, sports specific action plans, and facility layouts with maps. The completed plan must be uploaded to the appropriate **D2L drop box no later than 2/15 11 PM**

D2L Submissions

All assignment submissions made by students in D2L are considered final submissions. It is the student's responsibility to ensure that the correct and complete file has been uploaded. If a student submits an incorrect document, an incomplete draft, or any unintended version, the assignment will be graded as submitted. Students are strongly encouraged to double-check their upload before finalizing the submission.

Additionally, Apple file formats such as .pages or Keynote files will not be accepted. All submissions must be uploaded in Microsoft Office formats—such as .doc, .docx, .ppt, or .xlsx—or as otherwise specified in the assignment instructions.

CPR Training

Student will complete CPR training and certification to be completed by Dr. Angie Reay, Director Recreational Sports and Wellness Center. There is **\$60.00 fee which is to pay for the course materials.**

Observation Hours

The student will be required to complete 50 hours of observation in the MSU Texas athletic training clinic. The student's will be given the specifics and their preceptor assignments by the instructor. Completed hours sheets are due in the main office or the instructor's office each week on the Tuesday after they are completed.

Observation Journal

You will keep a journal of all your athletic training experiences. The journal will be turned in at the end of the semester on D2L Dropbox. The journal should be in narrative form and include any injuries, treatments, rehabilitations, or new things you may have learned. During your observation hours, ask questions when you do not know what is going on so that you always have something to write about. Remember HIPPA privacy regulations and don't divulge personal information in the journal. Do not just tell me it was a normal day. Learn something every day. Five points will be deducted for poor spelling and grammar. Your completed journal will be submitted to a D2L drop box at the end of the semester. It is due by 12/06/24 at 11 P.M.

Late Work

Late work is allowed with an appropriate documented medical excuse from your doctor. Without an MD excuse late work will be penalized 10 point/day.

Make-up /Tests

Missed exams can be made up with an appropriate document medical excuse from your doctor.

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Exams

There will be two unit exams as listed on the course syllabus. These exams will be given through D2L learning platform and are timed. The exams will cover the specific material from readings, power points, and course materials related to each unit. The exams are multiple choice, true false type of questions, multiple select questions. **Please Note all exams will be given through the lock down browser in D2L, and will require the Respondus LockDown Browser. Please note: Chrome books do not work with D2L. You will**

need to find an appropriate alternative to take exams. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab).

Final Exam

The Final Exam (Unit three, see syllabus) will be available for the student to take 5/9 through 5/12. It will be given through the D2L online learning system.

Please Note all quizzes will be given through the lock down browser in D2L and will require the Respondus LockDown Browser. Please note: Chrome books do not work with D2L. You will need to find an appropriate alternative to take exams. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab).

Attendance Policy Lecture

Class attendance is mandatory. More than two (2) unexcused absences from lecture periods will serve to lower a student's grade one letter. Attendance at written examinations is mandatory. Absence without prior approval will result in a grade of zero being recorded for the exam. Medical excuses for illness are allowed. However all medical excuses for missed class must be written, dated, and signed by the attending MD on the appropriate stationary or Rx pad. The medical excuse must state that you were not to attend class and with the specific dates of absences noted. All medical excuses not received on the second day after you return to class will not be allowed.

Zoom Lectures

There will be prerecorded zoom lecture that correspond to lab days. The recorded lectures will serve to continue the lecture presentation that would have occurred during lab periods. It is the student's responsibility to view these in a timely manner. The recorded material will be part of all exams and Kahoots.

Inclement Weather Policy

In the event of University closure due to inclement weather classes will be held online by zoom meetings. The link for the meeting will be posted to D2L as soon as the closure is announced by the University. The Zoom classroom Policy will be in effect during these sessions. Class attendance during zoom streaming sessions is mandatory, make sure you log in to the class on time. When participating in a Zoom class a student must have their webcam on and point towards themselves (not at the ceiling, floor, dog etc. The instructor should be able to see your full face. Zoom class are conducted just as if you were in a classroom. You are not in your pajamas, your pets are not an issue, you are in an isolated, quiet setting so you can participate in class. No hats, sunglasses or other distracting materials. All Zoom class sessions will be conducted during normally scheduled class times. Missed Zoom lecture sessions will count towards the absence policy for the class.

Attendance Policy Lab

Lab attendance is mandatory. More than one (1) unexcused absences from lecture periods will serve to lower a student's grade one letter. Attendance at oral practical

examination is mandatory. Absence without prior approval will result in a grade of zero being recorded for the exam. Medical excuses for illness are allowed. However all medical excuses for missed class must be written, dated, and signed by the attending MD on the appropriate stationary or Rx pad. The medical excuse must state that you were not to attend class and **with the specific dates of absences noted**. All medical excuses not received on the second day after you return to class will not be allowed.

Classroom Etiquette

Student & professor agree that class time will be dedicated to mutual respect and focus. For example, to avoid distraction cell/mobile phones will be on 'vibrate' mode and placed away (e.g., in backpack) so students and professor can focus on class activities/instruction. (This applies to all electronic devices).

What I expect from you:

- Attend every class meeting
- Come to each class prepared, having done the assigned reading
- Participate in class
- Respect your fellow students and their role in this course
- **ABSOLUTELY NO HEADPHONES/EARBUDS DURING CLASS**

Illness Procedures:

- Wash your hands before entering and immediately after leaving the classroom.
- If you are sick **DO NOT COME TO CLASS.** Email your instructor or text your instructor
- If you are sick at 7 AM you are likely going to be sick at 10, don't wait till The last minute to contact the instructor.

Moffett Library

Moffett Library provides resources and services to support student's studies and assignments, including books, peer-reviewed journals, databases, and multimedia materials accessible both on campus and remotely. The library offers media equipment checkout, reservable study rooms, and research assistance from librarians to help students effectively find, evaluate, and use information.

Get started on this [Moffett Library webpage](#) to explore these resources and learn how to best utilize the library.

Academic Honesty/Dishonesty

Midwestern State University is built upon a strong foundation of integrity, respect, and trust. All members of the university community have a responsibility to be honest and the right to expect honesty from others. Any form of academic dishonesty is unacceptable to our community and will not be tolerated.

Plagiarism is strictly forbidden on any course assignment. (This includes class notes and fellow students work!) All, work, besides your own, should be cited and a reference given. Do not misrepresent any of your efforts on any academic task for which you will receive a grade.

Student Honor Creed

"As an MSU Student, I pledge not to lie, cheat, steal, or help anyone else do so."

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception.

Thus, We, the Students of Midwestern State University, resolve to uphold the honor of the University by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters.

We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one's own, work or ideas which are not entirely one's own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each individual student.

We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by University officials to protect the honor of the University against any who would disgrace the MSU student body by violating the spirit of this creed.

Written and adopted by the 2002-2003 MSU Student Senate.

DEFINITIONS.

A. ACADEMIC DISHONESTY. An action attempted or performed that misrepresents one's involvement in an academic endeavor in any way or assists another student in misrepresenting his or her involvement in an academic endeavor. Examples of academic dishonesty include, but are not limited

- i. Plagiarism: presenting the work (i.e., ideas, data, creations) of another, wholly or in part, as one's own work without customary and proper acknowledgement of sources and extent of use, unless authorized by the instructor
- ii. Cheating: using information, study aids, notes, materials, devices, or collaboration not explicitly approved by the instructor. For example: doing a class assignment for someone else or allowing someone to copy one's assignment; copying from, or assisting, another student during an examination; or stealing, or otherwise improperly obtaining, copies of an examination before or after its administration.
- iii. Fraud: altering or inventing data, research, or citations for an academic endeavor; fabricating, forging or otherwise misrepresenting to an instructor or an institution one's past or current academic or professional activities; impersonating someone or allowing oneself to be impersonated for an examination or other academic endeavor; using a ghost writer, commercial or otherwise, for any type of assignment.
- iv. Violation of Standards: violations against ethical and professional standards required by individual University programs, academic courses, and clinical programs that may result in qualification for entry into a profession that maintains standards of conduct.
- v. Multiple Submissions: submitting, wholly or in part, the same academic endeavor to earn credit in two or more courses without explicit approval by all concerned instructors.
- vi. Interference/Obstruction: interfering with academic efforts of other students to gain unfair advantage for personal academic advancement. Interference

- may include but is not limited to, sabotage, harassment, tampering, bribery, or intimidation of another student.
- vii. Complicity: assisting another person in any act of academic dishonesty as defined above.

B. ACADEMIC ENDEAVOR. Any student activity undertaken to earn University credit or meet some other University program requirement. Examples of academic endeavors include, but are not limited to:

- i. Course assignments (written/oral, projects, research, exhibitions of work)
- ii. Exams (written/oral, quizzes)
- iii. Clinical assignments (internships, rotations, practica)
- iv. Presentations (on and off campus)
- v. Publications
- vi. Independent study coursework
- vii. Plan B papers/projects, theses, dissertations
- viii. Student media associated with academic credit

Students are expected to do their own work at all times. This includes all tests, papers, quizzes, projects, reports, and notebooks. Plagiarism of any authors (even fellow classmates) work will not be tolerated.

Copying of materials using a previous student's work, notebook, etc. will not be tolerated. Students who miss class will need to get notes from other students.

HOWEVER, IT IS EXPECTED THAT THIS WORK WILL BE REDONE IN THEIR OWN WORDS. Students using computers, word processors, etc. may not share discs or other materials between each other. To do so will be considered the same as copying of materials. In all cases students who allow for the copying of materials will be treated just like the student who does the copying.

STUDENTS WHO ARE FOUND TO BE IN VIOLATION OF THIS POLICY WILL HAVE A GRADE OF ZERO RECORDED FOR THE INVOLVED PAPER, TEST, QUIZ, PROJECT, REPORT OR NOTEBOOK. FURTHERMORE, THESE STUDENTS WILL BE REFERRED TO THE APPROPRIATE DEPARTMENT, COLLEGE, OR UNIVERISTY COMMITTEE FOR THE APPROPRIATE DISCIPLINNARY ACTION

Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Student Wellness Center, (940) 397-4140. Current documentation of a disability will be required in order to provide

appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

Emergency Exit Procedures

In the event of an emergency please evacuate the room in an orderly fashion through the nearest exit. The nearest exit is either through either set of doors at the front of the room. Follow the exit signs to the nearest available exit.

Once exiting the building, please meet your instructor at: across the street from D. L. Ligon in front of the tennis courts.

The fire extinguisher is located immediately outside of the classroom by the door to the left of the podium

MSU Alert

All students are encouraged to participate in the University's emergency warning system "MSU ALERT". Because of this your cell phone should be set to vibrate. If all of our phones go off at the same time we should take the appropriate action. If your cell phone vibrates by itself please ignore it and continue with class. .

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. The new Constitutional Carry law does not change this process. Concealed carry still

requires a License-to-carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by the MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [MSUREady – Active Shooter](#). Students are encouraged to watch the video entitled *“Run. Hide. Fight.”* which may be electronically accessed via the University police department’s webpage: [“Run. Hide. Fight.”](#)