



WACO, TEXAS

COURSE SYLLABUS

AND

INSTRUCTOR PLAN

EMS FIRST RESPONDER AGILITY and FITNESS PREPARATION

EMSP 1173_80

David Vaszocz & Christopher Walker

NOTE: This is an 8-week course.

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website at <https://www.mclennan.edu/crisis-management/coronavirus-updates/index.html> on any changes to these guidelines.

AN EQUAL OPPORTUNITY INSTITUTION

Spring 2023

EMS FIRST RESPONDER AGILITY and FITNESS PREPARATION

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Course Description:

Provides the student with the tools necessary to improve long-term physical health and conditioning. Exercise and physical training will prepare the EMS student to successfully meet or exceed the physical strength requirements and challenges of working with EMS

Prerequisites and/or Corequisites:

Students must contact the program director at 299-6504 to be advised on the application process and deadlines.

Course Notes and Instructor Recommendations:

NONE

Instructor Information:

Instructor Name: David Vaszocz & Christopher Walker

MCC Email: dvaszocz@mcclennan.edu & cawalker@mcclennan.edu

Office Phone Number: 254-299-6504

Office Location: ESEC 111

Office/Teacher Conference Hours: By appointment

Other Instruction Information: None

Required Text & Materials:

None

MCC Bookstore Website: <http://www.mcclennan.edu/bookstore/>

Methods of Teaching and Learning:

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Course Objectives and/or Competencies:

At the completion of the course the student will:

1. Demonstrate the ability to meet all physical fitness goals established by the course instructor;
2. Demonstrate safe patient lifting and moving techniques using proper body mechanics;
3. Develop and implement a safety plan for managing an acutely injured combative patient;
4. Demonstrate proper body mechanics and utilize appropriate tools to properly extricate a patient in a confined space or damaged vehicle; and
5. Communicate effectively with the patient, family, and health care team members

Course Outline or Schedule:

EMSP 1173 will be offered for the EMT students Mon-Thurs at work-out facilities located in the Emergency Services Education Center (ESEC).

Course topics begin with an introduction to moving and lifting patients safely.

Emphasis is on building core strength and flexibility. Students will focus on using proper body mechanics, selecting and using appropriate materials and equipment to assist the patient

Course Grading Information:

Students must meet or exceed physical fitness goals established at the beginning of class.

Students' physical fitness will be measured at the beginning, during the semester, and after the semester. Students will need to show physical fitness improvement throughout the semester.

The course average will be based on the following:

Daily Participation: 60%

Tests: 20%

Final exam: 20%

Late Work, Attendance, and Make Up Work Policies:

Students can find a comprehensive list of the MCC Paramedic Policies in the Paramedic Student Handbook. Additionally, students who receive an Incomplete in a theory module will not be allowed to enroll in the next scheduled theory course. They must wait until the next time the subsequent course is offered.

Late work will not be accepted. Make up work may be assigned on a case-by-case basis. In accordance with the class attendance policy of McLennan Community College, regular and

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punctual attendance is expected of all EMS students. Each absence (in a course) will count toward attendance requirements in each course.

1. Absence from 20% of scheduled lecture and/or skills instruction, at any point during the course, will be taken as evidence that a student does not intend to complete the course, and the student may be withdrawn from the course with a grade of **W**.
2. Students who miss 20% or more clinical/field hours will be taken as evidence that the student does not intend to complete the course, and the student may be withdrawn from the course with a grade of **W**. A student who arrives to a clinical after the start time is considered absent and may be removed from the clinical.
3. Class times are listed on the course syllabus. Students are expected to be in class at the start of the day and remain in class through the end of the day. Students who arrive within 15 minutes after class has started will be counted late.
4. Students more than 15 minutes late, or those who leave 15 minutes early are counted absent. These students may be allowed to stay in class for the remainder of the day but will still be counted absent. Exceptions may be granted with prior communication to the instructor.
5. Students are responsible for all material presented or assigned whether present or absent from class.

Students must call their lead instructor if they are going to be late or absent from class.

Student Behavioral Expectations or Conduct Policy:

Students are expected to maintain classroom decorum that includes respect for other students and the instructor, prompt and regular attendance, and an attitude that seeks to take full advantage of the education opportunity.

Code of Conduct

EMS professionals are required to conduct themselves with integrity, honesty, and reliability.

The following conduct guidelines are to be followed:

1. Students are required to do their own work and conduct themselves in a professional manner. All clinical documentation, assigned homework, or special assignments are to be completed by the student without sharing information or conferring with another student.
2. Students are required to be in their seats at the assigned start time for each class. Students are also required to report to clinical and ambulance assignments on time. Students

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arriving more than 15 minutes late without prior instructor approval will be counted as tardy. Students arriving more than 30 minutes late without prior authorization will be counted absent. Any student who accumulates three late arrivals for the class will be officially counseled.

3. Students are expected to be alert and take the initiative to participate in the classroom, skills, and clinical activities. Students participating in clinical are expected to demonstrate a professional, helpful, and courteous attitude when directed by clinical staff or a clinical preceptor to complete a task.
4. Students should be open and accepting of corrections or recommendations to their performance in the classroom, skills lab, or clinical activities. Students should accept instructor recommendations as constructive criticism.
5. Students will maintain a professional appearance at all times. Students are required to maintain good personal hygiene. Tattoos are to be covered during clinical. Body piercing in areas other than the earlobe is not to be displayed while participating in classroom or clinical activities. After each student receives their uniform, they will. Wear their approved uniforms to class, clinical, and EMS ride-outs
6. Students will come to class dressed appropriately when not in uniform. Collared shirts and blouses are to be worn (no see-through tops, tank, halter, or bikini tops) and clothing must be in good condition without holes in inappropriate areas. Clothes imprinted with inflammatory/derogatory statements or pictures will not be allowed.
7. Students will demonstrate respectful, caring attitudes at all times.
8. Students will observe the requirements outlined in the Health Insurance Portability and documentation forms and information will be limited to anonymous, general medical information. Violation of HIPAA guidelines may result in dismissal from the program.
9. Students will refrain from disruptive behavior or inappropriate language in the classroom or clinical sites.
10. Students will refrain from sleeping or doing homework for other courses while in class (see#3). Any student observed doing so will be excused from the class and marked as absent. Students will be counseled if two such occurrences are documented.
11. Students will not report to class or clinical while under the influence of any substance affecting the student's mental status or ability to function in an alert, appropriate manner. This regulation includes prescription medications. Students are subject to mandatory testing if any doubt exists or in the event of any accident or injury
12. MCC is a tobacco-free institution. Tobacco products (cigarettes, snuff, chewing tobacco)

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are to be used in designated areas only. “Spit cups” or bottles are not allowed inside the classrooms or clinical sites.

13. Students will refrain from fraternization with instructors, adjunct staff, and preceptors.
14. Students will not access another student’s grades or class information

[Click Here for the MCC Attendance/Absences Policy](https://www.mclennan.edu/highlander-guide/policies.html)

(<https://www.mclennan.edu/highlander-guide/policies.html>)

Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

Updated 11/04/2022

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C O M M U N I T Y
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ACADEMIC RESOURCES/POLICIES

Accommodations/ADA Statement:

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit www.mclennan.edu/disability.

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

disabilities@mclennan.edu 254-299-
8122
Room 319, Student Services Center

Title IX:

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the acting Title IX Coordinator at titleix@mclennan.edu or by calling, Dr. Claudette Jackson, (Diversity, Equity & Inclusion/Title IX) at (254) 299-8465. MCC employees are mandatory reporters and must report incidents immediately to the Title IX Coordinator. Individuals may also contact the MCC Police Department at (254) 299-8911 or the MCC Student Counseling Center at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at www.mclennan.edu/titleix/. It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the

crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

Student Support/Resources:

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

Academic Support and Tutoring is here to help students with all their course-related needs. Specializing in one-on-one tutoring, developing study skills, and effectively writing essays. Academic Support and Tutoring can be found in the Library and main floor of the Learning Commons. This service is available to students in person or through Zoom from 7:30 am - 6:00 pm Monday through Thursday and 7:30 am - 5:00 pm on Friday. You can contact the Academic Support and Tutoring team via Zoom (<https://mclennan.zoom.us/j/2542998500>) or email (ast@mclennan.edu) during the above mentioned times.

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact either MCC CREW – Campus Resources Education Web by calling (254) 299-8561 or by emailing crew@mclennan.edu or a Success Coach by calling (254) 299-8226 or emailing SuccessCoach@mclennan.edu. Both are located in the Completion Center located on the second floor of the Student Services Center (SSC) which is open Monday-Friday from 8 a.m.-5 p.m.

Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff. To schedule an appointment, go to https://mclennan.co1.qualtrics.com/jfe/form/SV_07byXd7eB8iTqJg. Both the Completion Center and Paulanne's Pantry are located on the second floor of the Student Services Center (SSC).

MCC Foundation Emergency Grant Fund:

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found at https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf.

MCC Academic Integrity Statement:

Go to www.mclennan.edu/academic-integrity for information about academic integrity, dishonesty, and cheating.

Minimum System Requirements to Utilize MCC's D2L|Brightspace:

Go to <https://www.mclennan.edu/center-for-teaching-and-learning/Faculty-andStaffCommons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Minimum Technical Skills:

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

Backup Plan for Technology:

In the event MCC's technology systems are down, you will be notified via your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

Email Policy:

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails. For more information about your student email account, go to www.mclennan.edu/studentemail.

Instructional Uses of Email:

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with their students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

Email on Mobile Devices:

The College recommends that you set up your mobile device to receive McLennan emails. If you need assistance with set-up, you may email Helpdesk@mclennan.edu for help.

You can find help on the McLennan website about connecting your McLennan email account to your mobile device:

- [Email Setup for iPhones and iPads](#)
- [Email Setup for Androids](#)

Forwarding Emails:

You may forward emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may be lost or placed in junk or spam filters.

For more helpful information about technology at MCC, go to [MCC's Tech Support Cheat Sheet](#) or email helpdesk@mclennan.edu.

Disclaimer:

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.

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