



UMBC

AN HONORS UNIVERSITY IN MARYLAND

Course Syllabus

PHED 122D Self Defense and Safety for Public Service Personnel

Fall 2010

August 27, 2010

COURSE INSTRUCTORS

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COURSE PREREQUISITES

Permission of the instructor

COURSE RATIONALE

Emergency medical services, health care and other public service personnel have high rates of occupational injury and assault. This course is designed to reduce risks through education, increased awareness and improved physical fitness.

COURSE DESCRIPTION

PHED 122D is an introduction to the principles and practices of basic self defense and occupational safety. The aerobic workout focuses on the practice of Tae Kwon Do skills. The course includes readings and discussions to enhance personal safety.

The course is conducted in a 15-week format and runs concurrently with the UMBC semester. Students may also receive course materials and assignments via the Internet, at the course website or in the mail. E-mail will also be used as a tool for communication between students and the instructor. A discussion board will allow for asynchronous (off-line) communication.

COURSE OBJECTIVES

Upon successful completion of PHED 122D, the student will be able to:

1. Describe the occupational risks among public service and emergency service workers
2. Describe the specific risks of assault
3. Develop and evaluate risk reduction interventions
4. Apply basic self defense techniques.

COURSE GRADING AND MANAGEMENT

The final grade is based on the following criteria:

Final written project: 20%

Final physical test: 40%

Weekly participation: 40%

Criteria for grading the final written project:

A = 90-100

B = 80-89

C = 70-79

D = 60-69

Students are discouraged from taking an "incomplete" at the end of the semester. Incompletes require prior permission of the instructor. Every effort should be made to complete the work during the regularly allotted semester.

COURSE COMPONENTS

The course consists of weekly physical exercises and a series of topics for reading and discussion.

CLASS PARTICIPATION

Class meets twice a week and individual participation is an important part of the course. It is recommended that all students also log on to the course Blackboard site each week.

COURSE POLICIES**1. Submitting Assignments**

Unless otherwise noted, assignments should be submitted to the Blackboard course site.

2. Late Policy

Students are expected to turn in assignments on time.

3. Academic Integrity

UMBC is an "honors university." This assumes two characteristics on the part of the students: hard work to achieve maximum learning and academic integrity. Academic integrity infers that

students will present only their own work as their own, and that when they utilize the work of others, such work will be appropriately referenced. Students are responsible for being familiar with appropriate UMBC policies and expectations. For more information see these sites:

- <http://www.umbc.edu/saf/policies/Student%20Academic%20Integrity%20Values.htm>
- http://www.umbc.edu/gradschool/essentials/proc_integrity.html
- <http://www.umbc.edu/provost/quote2.html>.

4. Pandemic

In the event of a pandemic situation (e.g. related to the H1N1 virus), the instructor reserves the right to alter the course schedule, requirements, and/or the method of course delivery.

COURSE SCHEDULE

Class meets Tuesdays and Thursdays from 2:30 to 3:45 pm in the RAC.

COURSE OUTLINE

Each session will include a Tae Kwon Do practice followed by a presentation and/or a discussion. Most topics will be covered over a two to three week period.

Topics:

Topic 1 - Introduction

Readings:

Maguire BJ, Hunting KL, Guidotti TL, Smith GS. Occupational Injuries Among Emergency Medical Services Personnel. *Prehospital Emergency Care*. 2005; 9: 405–411.

Maguire BJ, Hunting KL, Smith GS, Levick NR. Occupational Fatalities in EMS: A Hidden Crisis. *Annals of Emergency Medicine*. 2002; 40(6): 625-632.

Headmaster Dealy: http://www.wmaa.com/About_Us.php

These readings are available at: <http://userpages.umbc.edu/~maguire/downloads.html>

- Keys to Success
- The Writing Guide
- Doing a Literature Search
- Writing a synopsis

Topic 2 – Occupational Assaults

Readings:

Mechem CC, Dickinson ET, Shofer FS, Jaslow D. Injuries from assaults on paramedics and firefighters in an urban emergency medical services system. *Prehosp Emerg Care*. 2002; 6: 396 – 401.

Tak SW, Sweeney MH, Alterman T, Baron S, Calvert GM. Workplace Assaults on Nursing Assistants in US Nursing Homes: A Multilevel Analysis. *American Journal of Public Health*. Published online ahead of print Aug 19, 2010

Suggested reading:

Lucas R. Violence in the pre-hospital setting. *Emerg Med Clin North Am*. 1999; 17: 679-83.

Topic 3 - Risks for health care workers

Readings:

U.S. CDC. Violence: Occupational Hazards in Hospitals. 2002. Available at: <http://www.cdc.gov/niosh/docs/2002-101/pdfs/2002-101.pdf>. Accessed August 27, 2010.

Goodman RA, Jenkins EL, Mercy JA. Workplace-related homicide among health care workers in the United States, 1980 through 1990. *JAMA*. 1994; 272(21).

Topic 4 - Occupational risks in the U.S

Reading:

U.S. Dept of Labor. Survey of Workplace Violence Prevention, 2005. Available at: <http://www.bls.gov/iif/oshwc/osmr0026.pdf>. Accessed August 27, 2010.

Topic 5 - Preventing workplace violence

Reading:

U.S. Department of Labor, Occupational Safety and Health Administration. Guidelines for Preventing Workplace Violence for Health Care & Social Service Workers. 2004. Available at: <http://www.osha.gov/Publications/OSHA3148/osha3148.html>. Accessed August 27, 2010.

FINAL WRITTEN PROJECT

The final written project is the development of an intervention to reduce occupational risks. The paper should include these components: Title, Introduction (include the specific population at risk), Description of the Problem; Importance; Recommended Intervention; Conclusion. The final project can be a maximum of 1,500 words.

Due dates:

- A draft of the Title and Introduction is due by October 1 (post in Blackboard);
- A draft Description of the Problem and the Importance is due by November 1 (post in Blackboard);
- The final project should be emailed to me at maguire@umbc.edu by December 15, 2010.

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