



PE 1340

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1340

Title: Lifeguard Training

Catalog Description:

The primary purpose of the American Red Cross Lifeguarding program is to provide entry-level lifeguard candidates with the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: 2; Lecture: 2; Lab: 1

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: A candidate must be 15 years of age on or before the final scheduled session of this course. The candidate must also successfully complete the following swimming requirements: Swim 500 yards (10 laps of the pool) continuously using these strokes in the following order:

- 200 yards of front crawl showing rhythmic breathing and a stabilizing propellant flutter kick
- 100 yards of breaststroke
- 200 yards of either front crawl or breaststroke

They must swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-12 feet, retrieve a 10 pound object, return to the surface, and swim back to the starting point with the object.

Justification:

This course provides a candidate with the knowledge to save an individual's life who is drowning in a water setting, such as a swimming pool, lake, or river. It also provides the candidate with the knowledge to perform First Aid and CPR for adults, children and infants.

Student Learning Outcomes:

The student will be able to:

- explain and discuss how to prevent, recognize and respond to emergencies.
- demonstrate the necessary first aid for injuries (including spinal injuries) and sudden illness.
- demonstrate how to activate the Emergency Action Plan when an incident occurs.

The following topics will be covered in the course:

- Becoming a responsible, professional lifeguard
- Injury Prevention
- Patron surveillance and emergency preparation
- Rescue skills
- Providing care for breathing emergencies
- Cardiac emergencies
- First aid
- Caring for head, neck and back injuries in the water

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

An important goal of this course is that students will know in their own minds that they can save their own life and the life of another person if necessary in a water emergency. The instructor will evaluate the students technique and suggest ways to improve.

Key Performance Indicators:

- Skill tests
- Chapter quizzes
- A final test will be administered on which a student must receive 80% or higher to be issued an American Red Cross Lifeguard Card
- Attendance
- Pop Quizzes
- Facility scenarios

Upon achieving the needed score the student will receive a Lifeguard card and a CPR card.

Representative Text and/or Supplies:

One text book is required: *Lifeguard Training*, author American Red Cross, current edition.

A personal Pocket Mask to perform mouth-to-mouth and rescue breathing is also required.

Optimum Class Size: 12

Maximum Class Size: 18

Signatures:

I hereby submit this course syllabus:

Bob Trythall, MS, Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)