Term Information

Effective Term: Spring 2017
Previous Value: Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Add "or Permission of Instructor" to the Prerequisites

What is the rationale for the proposed change(s)?
Students may have the necessary skills to successfully complete the course without taking EDUPAES 1178.03 or KNSFHP 1178.03 as the only prerequisite.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area: Kinesiology Sprt, Ftns&Hlth Pr
Fiscal Unit/Academic Org: Department of Human Sciences - D1251
College/Academic Group: Education & Human Ecology
Level/Career: Undergraduate
Course Number/Catalog: 1182.02
Course Title: Lifeguard Training
Transcript Abbreviation: Lifeguard Train
Course Description: Designed to lead to ARC Lifeguard Training and CPR for the Professional Rescue certification. Students must provide bathing suit.
Semester Credit Hours/Units: Fixed: 1

Offering Information

Length Of Course: 14 Week, 12 Week, 8 Week, 7 Week, 6 Week
Flexibly Scheduled Course: Never
Does any section of this course have a distance education component? No
Grading Basis: Letter Grade
Repeatable: No
Course Components: Laboratory
Grade Roster Component: Laboratory
Credit Available by Exam: No
Admission Condition Course: No
Off Campus: Sometimes
Campus of Offering: Columbus

Prerequisites and Exclusions
## Prerequisites/Corequisites

**Previous Value**

Prereq: 1178.03 or EduPAES 1178.03 or Permission of Instructor

## Exclusions

- Prereq: 1178.03 or EduPAES 1178.03.

## Cross-Listings

## Subject/CIP Code

<table>
<thead>
<tr>
<th>Subject/CIP Code</th>
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<tbody>
<tr>
<td>Subsidy Level</td>
<td>General Studies Course</td>
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<tr>
<td>Intended Rank</td>
<td>Freshman, Sophomore, Junior, Senior</td>
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## Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

## Course Details

### Course goals or learning objectives/outcomes

- Understand and demonstrate Injury prevention techniques
- Maintaining and proper use of Rescue Equipment
- Demonstrate carious water entrees and approaches
- Demonstrate Basic CPR/AED and FA
- Demonstrate In-water rescue skills
- Demonstrate Land skills

### Previous Value

- Perequisite swim test; Individual counseling
- Introduction to Lifeguarding; Characteristics of the professional Lifeguard; Benefits of exercise; Interacting with the public
- The safety team; Management responsibilities; Preventing injuries; Communication
- Patron surveillance; Facility surveillance
- Responding to an emergency; Emergency action plans; Contacting EMS
- CPR for the professional rescuer
- CPR for the professional rescuer (continued); Written exam on CPR for the professional rescuer
- Swim rescue with rescue tube
- Removal from the water; Review rescue skills; Rescue scenarios
- First Aid
- Overview of spinal injuries; Spinal injuries in shallow and deep water
- After an emergency; Review; Reesponsibilities to yourself and the facility

## Attachments

- 1182.02 Lifeguard Training SP15.docx
  
  (Syllabus. Owner: Shiebler, Charles L)
## Comments

### Workflow Information

<table>
<thead>
<tr>
<th>Status</th>
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<th>Step</th>
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<tr>
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<td>08/09/2016 09:07 AM</td>
<td>Submitted for Approval</td>
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<tr>
<td>Approved</td>
<td>Folden Jr, H Eugene</td>
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<td>Unit Approval</td>
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<td>Odum, Sarah A. Zircher, Andrew Paul Warnick, Bryan R. achterberg, Cheryl L</td>
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<td>College Approval</td>
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Course Description
This is the national American Red Cross course designed to train potential lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over.

Additional Information: [http://www.redcross.org/take-a-class/program-highlights/lifeguarding](http://www.redcross.org/take-a-class/program-highlights/lifeguarding)

Course Materials & Fees
Participants will be assessed an additional fee of $175 for course materials and certification. A participant manual will be provided for class and CPR breathing barrier will be given to each student. Students will also have access to the digital participant manual outside of classroom.

Relationship to Other Courses
Enrollment in this course requires that the student has completed EDU PAES 182.01, or has received permission from the course instructor by passing the pretest. The pretest will be conducted at the first class.

Course Objectives
By the end of the semester participants shall:
- Complete prerequisite skills for Lifeguarding Course
- be able to demonstrate the qualities required of a Red Cross representative and role model;
- be completely familiar with ALL course materials
- pass by an 80% or better the Lifeguarding and CPR/AED & First Aid Exams;
- be able to demonstrate required skills at an acceptable level of performance;
- be able to develop a strategy to keep knowledge and skills current.
Course Prerequisites
Be at least 15 years old before the final scheduled class
Complete the swimming skill evaluation
  - 300 yard continuous swim
  - 2 minute water tread
  - Timed brick retrieval

NOTE: STUDENTS MUST PASS THE REQUIRED WATER SKILLS TEST IN ORDER TO COMPLETE THIS COURSE FOR AMERICAN REDCROSS CERTIFICATION.

Off Campus Field Experience
This course does not have off campus field experience

Diversity
The curriculum and experience is designed, implemented, and evaluated in a manner that promotes the acquisition and application of knowledge, skills, and dispositions necessary to help all students learn.

Technology
The use of the Web is employed in this course for the dissemination of course materials such as syllabus, handouts, and course notes. Additional means of communication between the instructor and students are available through the use of email.

Sequence of Topics and Activities
The entire success of this class will be based on the individual students desire to work in class. How much a student will get out of this course is directly proportional to how much the student puts into it. The instructor reserves the right to adjust the schedule at any time.

Week 1 (Pre-course Session) – Introduction & Swim Skills
  - Introduction to the Course
  - Prerequisite Swimming Skills Evaluation

Week 2 (L1) – The Professional Lifeguard and Injury Prevention
  - Characteristics and Responsibilities of a Professional Lifeguard
  - Decision Making
  - Legal Considerations
  - The Lifeguard Team
  - How Facility Management Promotes Lifeguard Professionalism
  - Preventing Injuries – Patron Safety
  - Safety Checks
  - Weather Conditions
  - Management and Safety
  - Rescue Equipment
  - Entries and Rescue Approaches
  - In-Water Session: Entries and Rescue Approaches
  - Slide-In Entry
  - Stride Jump
- Compact Jump
- Rescue Approaches – Front Crawl and Breaststroke

Week 3 (L2) – Patron Surveillance and Emergency Preparation
- Review of Lesson 1
- Patron Surveillance
- Victim Recognition
- Effective Scanning
- Emergency Action Plans
- In-Water Activity: Patron Surveillance and Emergency Preparation
- Safety Tour of the Facility
- Lifeguard Rotation
- Victim Recognition
- Putting It All Together

Week 4 (L3) – Rescue Skills
- Review of Lesson 2
- General Procedures for Water Emergencies
- Emergency Action Plans
- In-Water Skill Session: Rescue Skills, Part 1
- Simple Assist
- Extensions Assist from the Deck
- Swimming Extension Rescue
- Active Drowning Victim Rear Rescue
- Passive Drowning Victim Rear Rescue

Week 5 (L4)
- Review Lesson 3
- Rescue Skills- Part 2
- Two-Person Removal from the Water Using a Backboard
- Passive Submerged Victim – Shallow Water
- Multiple-Victim Rescue
- Feet-First Surface Dive
- Submerged Victim – Deep Water
- Front and Rear Head-Hold Escape

Week 6 (L8) – Injuries to Muscles, Bone and Joints and Caring for Head, Neck and Back
Injuries in water
- Review of Lesson 7
- In-Water Skill Session: Manual In-Line Stabilization Techniques
- In-Line Stabilization Techniques – Shallow Water
- In-Line Stabilization Techniques – Deep Water
- In-Line Stabilization Techniques – Submerged Victim
- Using a Backboard
- In-Water Skill Session: Using a Backboard
- Using a Backboard in Shallow Water
- Using a Backboard in Deep Water
Week 7 (L8) – Injuries to Muscles, Bone and Joints and Caring for Head, Neck and Back
  • Injuries in water
  • Practice all water spinal scenarios

Week 8 (L5) – Before Providing Care and Rescue Skills
  • Review of Lesson 4
  • Before Providing Care
  • Standard Precautions
  • Land Skill Sessions: Removing Gloves
  • Resuscitation Masks
  • General Procedures for Injury or Sudden Illness on Land
  • Initial Assessment
  • Land Skill Session: Initial Assessment
  • Emergency Moves
  • Practice Lesson 4 Water Skills

Week 9 (L6) – Breathing and Cardiac Emergencies
  • Review of Lesson 5
  • Breathing Emergencies
  • Rescue Breathing
  • Land Skill Session: Rescue Breathing
  • Bag-Valve-Mask Resuscitators
  • Land Skill Session: Using a Bag-Valve-Mask Resuscitator – Two Rescuers
  • Airway Obstruction
  • Land Skill Session: Airway Obstruction
  • Conscious Choking
  • Unconscious Choking
  • The Cardiac Chain of Survival
  • Signs and Symptoms of a Heart Attack
  • Cardiac Arrest
  • CPR
  • Land Skill Session: CPR

Week 10 (L6) – Two-Rescuer CPR and AED
  • Review of Lesson 5
  • Two-Rescuer CPR
  • Land Skill Session: Two Rescuer CPR
  • Introduction to AEDs
  • When the Heart Stops and AEDs
  • Using an AED
  • Land Skill Session: Using an AED
  • AED/CPR Skill Scenarios
  • Final Written Exam: Section 2 – CPR/AED for the Professional Rescuer

Week 11 (L7) – First Aid
  • Review of Lesson 6
  • Secondary Assessment
  • Land Skill Session: Secondary Assessment
  • Sudden Illness
• Wounds
• Land Skill Session: Controlling External Bleeding
• Caring for Shock
• Heat- and Cold-Related Emergencies
• Land and In-Water Skill Session: Putting It All Together – First Aid Scenarios

Week 12 (L7) – Injuries to Muscles, Bone and Joints and Caring for Head, Neck and Back
• Injuries on Land
• Review of Lesson 7
• Injuries to Muscles, Bones and Joints
• Land Skill Session: In-Line Stabilization for a Head, Neck, or Back Injury on Land
• Caring for Head, Neck, and Back Injuries in the Water
• In-Water Skill Session: Manual In-Line Stabilization Techniques
• In-Line Stabilization Techniques – Shallow Water
• In-Line Stabilization Techniques – Deep Water
• In-Line Stabilization Techniques – Submerged Victim
• Using a Backboard
• In-Water Skill Session: Using a Backboard
• Using a Backboard in Shallow Water
• Using a Backboard in Deep Water

Week 13
• Review of all course material
• Final Written Exam: Section 1 –CPR/AED and First Aid
• Practice water spinal scenarios
• Practice any water skills necessary

Week 14 – Final Written Exam and Final Skill Scenarios
• Review of Course Material
• Final Written Exam: Section 2 –Lifeguarding Skills
• Final In-Water Skill Scenarios

Week 15– Open Practice
• Employment Opportunities
Course Requirements/Evaluation Grading Scale

Final grades will be determined by the following point system:

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<th>Requirement</th>
<th>Points</th>
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<tr>
<td>Attendance / Participation</td>
<td>150</td>
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<tr>
<td>CPR/AED &amp; FA Exam</td>
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<td>Quiz Scenario (2)</td>
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<tr>
<td>Lifeguarding Exam</td>
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<td>Water Final Skills Test</td>
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<td>TOTAL</td>
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<table>
<thead>
<tr>
<th>Total Points</th>
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<td>318</td>
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<td>251</td>
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<td>C-</td>
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<td>201</td>
<td>D</td>
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<td>184</td>
<td>E (Failure)</td>
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<td>183 and below</td>
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Students who have arranged through their College to take this course under the Pass/Non-Pass grading option must achieve a minimum or 60% to receive a Passing (P) grade. If a student chooses to take the course pass/non-pass and wishes to receive his or her Lifeguarding Certificate, she or he is still bound to the certification requirements listed above.

Certification Requirements

In order to receive American Red Cross Certification, a student must:
- have 100% attendance:
- pass all American Red Cross written tests with a minimum score of 80%
- pass all water skills

Attendance Policy

Attendance will be taken regularly. Each class is worth five participation points.

Excused Absences

There are three situations which constitute an excused absence from the class meeting time. They are:
- Students who participate in a documented University sanctioned event.
- Students who have a documented death in the family. and
- Students who are observing a religious holiday. In accordance to Faculty Rule 3335-7-15, students who will be participating in University sanctioned events must provide the instructor with a copy or the scheduled events and those classes which will be missed. This documentation must be on University letterhead, signed by the
coach/supervisor, and given to the instructor within the first two weeks of the semester. Students who will be observing a religious holiday must provide date/event written notification to the instructor within the first two weeks of the quarter. Any such missed classes must be made up within two weeks of the absence using the official SFHP Course Make-Up Form. Failure to complete an SFHP Course Make-Up Form and the necessary activity within two weeks will result in that absence becoming an unexcused absence. The make-up form is available from the instructor.

There will be no make-up of unexcused absences.

Text Required:
American Red Cross Lifeguarding Participants manual. (Will be provided by instructor)

Statement of Student Rights
“Any student with a documented disability who may require special accommodations should self-identify to the instructor as early in the semester as possible to receive effective and timely accommodations.” Students with a disability should work through the Office of Disability Services to secure appropriate accommodations (292-3307).

Risk Potential
As you are considering enrolling in a University Sport, Fitness, and Health Program class, the University would like you to be aware that participation in any physical activity involves minor/serious risks to your body. Prior to participation you will be asked to read and sign a statement that you (or parent/guardian if under 18) are aware of these risks and that you consent to medical treatment in the event that you are injured. For certain classes that are potentially dangerous, vigorous, and/or involve risky behavior, you will be asked to sign a statement releasing the University and its' instructors from liability in the event that you are injured as a result of your participation.

Dress Code
Students shall wear appropriate swim wear and bring an extra towels and/or sweatshirt to water sessions. Goggles are recommended. Students are expected to complete all assignments and be prepared to participate fully in each class.

Locker Policy
Students can use RPAC Daily Lockers to store belongings. Students must provide their own lock or one can be rented from the Sports Shop for free.

Academic Misconduct
Students are expected to do their own original work within the confines of the course objectives and evaluation procedures. Any deviation from these expectations is considered academic misconduct and Faculty Rule 3335-31-02 will be enforced. Academic misconduct includes, but is not limited to, cheating on skill tests or with partners’ skills test, cheating during scenarios, especially where a grade is awarded or willfully and/or dangerously violating any safety rules.