

SEWARD COUNTY COMMUNITY COLLEGE COURSE SYLLABUS

I. TITLE OF COURSE: PE2712- Lifeguard Training

II. COURSE DESCRIPTION: 2 credit hours 0 credit hours of lecture and 2 credit hours of lab per week.

This course is designed to provide individuals with the basic knowledge and skills to recognize an aquatic emergency and take the appropriate action. Participants will also receive knowledge on pool sanitation, record keeping, training of staff, water rescues and special concerns. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

IV. TEXTBOOK AND MATERIALS:

American Red Cross Textbook

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

- 1: Read with comprehension, be critical of what they read, and apply knowledge gained to real life
- 2: Communicate ideas clearly and proficiently in writing, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.

5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information

6: Exhibit skills in information and technological literacy

VI. COURSE OUTCOMES:

1. Understand and recognize the common hazards associated with various types of aquatic facilities and develop the knowledge and skills to eliminate or minimize such hazards.
2. Recognize when a person is in a distressing or drowning situation and to rescue that person.
3. Explain the lifeguard-employer, and lifeguard-patron relationship.
4. Provide explanations and demonstrations of the rescue skills essential for lifeguards.
5. Establish an awareness of the responsibilities of a lifeguard and become enthusiastic about carrying them out.
6. Develop speed, endurance, and technique in swimming and lifeguarding skills.
7. Explain the professional lifeguard.
8. Perform and explain injury prevention and facility safety.
9. Perform and explain patron surveillance.

10. Perform and explain emergency preparation.
11. Perform and explain rescue skills.
12. Perform and explain providing care and victim assessment.
13. Perform and explain breathing cardiac emergencies.
14. Perform and explain first aid.
15. Perform and explain caring for head, neck and back injuries.

VII. COURSE OUTLINE:

1. Philosophy of Lifeguard Training
2. Requirements and Responsibilities of the Lifeguard
3. Selection and Training of Staff
4. Preventive Life guarding
5. Emergencies
6. Records and Reports
7. Use of Equipment
8. Health and Sanitation

VIII. INSTRUCTIONAL METHODS:

1. Lecture
2. Films and other visual methods
3. Discussions
4. Skill practice sessions
5. Small group sessions

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Projector and VCR
2. Chalkboard and chalk
3. Pool facility rules
4. Simple drawings of pool facilities
5. Classroom
6. Pool facility

X. METHODS OF ASSESSMENT:

Methods of assessing the general course outcomes and the specific course competencies include class attendance, tests, and participation.

SCCC Outcome #1 will be assessed and measured by written examinations indicating comprehension of material read.

SCCC Outcome #2 will be assessed and measured by small group presentations and short-term projects/presentations.

SCCC Outcome #3 will be assessed and measured by small group presentations and short-term projects/presentations.

SCCC Outcome #5 will be assessed and measured by swimming skills tests.

SCCC Outcome #6 will be assessed and measured by development of emergency action plans.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students

should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 12/20/2018 17:35:03