Course Syllabus

Department: Physical Education and Integrated Health Care

Date: September 2013

I. Course Prefix and Number: PE 242

Course Name: Lifeguarding

Credit Hours and Contact Hours: 3 credit hours, 3 contact hours

Catalog Description including pre- and co-requisites: supporting data required for grade prerequisite of 'C' or higher.: The purpose of this course 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. Prerequisites: The student must be at least 15 years of age and demonstrate basic swimming skills. An additional fee is required for Red Cross Certification.

Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

This course can be used to fulfill the PE requirements for all majors at FLCC. It is considered a professional level course, allowing the student who successfully completes the course to have a certification for employment.

II. Course Student Learning Outcomes: State the student learning outcome(s) for the course (e.g. Student will be able to identify…)

The student will:

1. Demonstrate rescue skills necessary to be a professional rescuer and be part of a lifeguard team.
2. Illustrate the ability to make informed decisions.
3. Identify legal considerations of being a professional rescuer.
4. Demonstrate management skills, including communications skills, and preventive lifeguarding techniques.
5. Administer rescue skills, surveillance skills, victim recognition skills and scanning skills.
6. Apply and perform high quality CPR and First Aid at a professional rescuer level.
7. Demonstrate response to emergencies based on an Emergency Action Plan

College Learning Outcomes Addressed by the Course: (check each College Learning Outcome addressed by the Student Learning Outcomes)

☐ writing ☐ computer literacy
☒ oral communications ☒ ethics/values
☐ reading ☒ citizenship
☐ mathematics ☐ global concerns
☒ critical thinking ☐ information resources
III. **Assessment Measures** *(Summarize how the college and student learning outcomes will be assessed):*  *For each identified outcome checked, please provide the specific assessment measure.*

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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<tbody>
<tr>
<td>Oral Communications</td>
<td>The student will role play life threatening situations where communication is vital.</td>
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<tr>
<td>Critical Thinking</td>
<td>The student will analyze and prevent critical situations through role playing.</td>
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<tr>
<td>Ethics/Values</td>
<td>The student will simulate situations where life and death decisions are required.</td>
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<tr>
<td>Citizenship</td>
<td>The student will perform and implement the skills necessary to save a drowning individual or prevent a life threatening situation from occurring.</td>
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IV. **Instructional Materials and Methods**

**Types of Course Materials:**

Textbook

**Methods of Instruction (e.g. Lecture, Lab, Seminar …):**

Lecture, Discussion, Demonstration, Video and Physical participation in aquatic skills and training.

V. **General Outline of Topics Covered:**

1. Responsibilities of the Professional Rescuer
2. Decision making
3. Legal Consideration
4. The Lifeguard Team
5. Patron Safety
6. Management and Safety
7. Water Rescue Skills
8. Patron surveillance and victim recognition
9. Proper scanning
10. Areas of responsibility
11. Emergency Action Plans
12. Critical Incident stress debriefings
13. Preventing Disease Transmission
14. First Aid Skills
15. CPR/AED for the Professional Rescuer skills
16. Spinal Injury Management