Syllabus

HPE 242 Lifeguarding

General Information

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Author
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Department
Physical Education and Integrated Health Care

Course Prefix
HPE

Course Number
242

Course Title
Lifeguarding

Course Information

Credit Hours
3

Lecture Contact Hours
1.5

Lab Contact Hours
2

Other Contact Hours
0

Catalog Description
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 at least 15 years of age and demonstrate basic swimming skills. An additional fee is required for Red Cross Certification

Key Assessment
This course does not contain a Key Assessment for any programs
Prerequisites
None

Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation
This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education
This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course
- Vitality
- Inquiry
- Perseverance
- Interconnectedness

Course Learning Outcomes

Course Learning Outcomes
1. Demonstrate rescue skills necessary to be a professional rescuer (individually, and as part of a lifeguard team).
2. Identify legal considerations of being a professional rescuer
3. Develop management skills (eg. communications skills, informed decision making, preventive lifeguarding techniques).

Outline of Topics Covered

1. Water rescue skills
2. General procedures for water emergency
3. Breathing emergencies
4. Recognizing and caring breathing emergencies
5. Cardiac emergencies
6. Cardiac chain of survival
7. First Aid
8. Responding to injuries and illness
9. Caring for head neck and spinal injuries
10. Procedure and rotation