



Physical Education Health and Recreation Department Syllabus

Course Name: Lifeguard Training

CRN: 40505

Semester/Year: Fall 2013

Instructor: Kelly Smith

Email Address

Office Hours: MW, 7-10:00 AM

Course Number: PEHR 1340-01

Meeting Days and Time: MW, 1:00-1:50 PM

Location: Gym 115 and Pool

DSU Email Address: smith_k@dixie.edu

Office Phone: 652-7784

Office Location: GYM 201

Prerequisites:

Must be at least 15 years old and able to perform the following preliminary skills test:

- Swim 300 yards using front crawl and breaststroke.
- Swim 25 yards retrieve 10 pound brick and return to starting point in 1:40.
- Tread water for two minutes. Hand under armpits.

Lab and other fees: \$50 course fee

Course Description from Catalog: Activity course for students interested in furthering their knowledge and skills in swimming and getting their lifeguard training. Instruction is given in water rescue, water safety and skills. This course includes the Red Cross Exam, and successful students will be Red Cross certified. Students must demonstrate proficiency in two basic strokes (American Crawl and breaststroke).

Required Textbook (s) /Recommended Books/other materials:

American Red Cross Standard First Aid and Lifeguard Training

Department Objectives:

All PEHR courses have the following learning outcomes:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;

E. Develop a fitness plan pertinent to the physical activity of the course, as applicable.

Course Objectives:

- To ensure that participants become aware of and recognize the common hazards associated with various types of aquatic facilities and develop the knowledge and skills to eliminate or minimize such hazards.
- To ensure that participants learn to recognize when a person is in distress or drowning situation and to rescue that person.
- To ensure that participants understand the lifeguard/employer and lifeguard/patron relationships.
- To provide explanations, demonstrations, practices, and review of the rescue skills essential for lifeguards.
- To establish an awareness of the responsibilities of a lifeguard and instill an enthusiasm for carrying them out.

Requirements for Certification:

- Participate fully in all sections of the course.
- Perform all skills effectively and correctly.
- Meet all course objectives.
- Complete all reading as assigned.
- Pass written test with a score of 80% or better.
- 100% Attendance
- Demonstrate good personal skills—abilities such as communication and group interaction.
- Have the ability to provide for patron safety at all times, as well as, maturity and sound judgment.

This is a vocational training course leading to a Lifeguarding Certification. Students who cannot or do not perform in a professional manner will not be certified, no matter how good their physical skills happen to be.

**Students may still receive a grade in class without certifying, see instructor first.

Grading Criteria

The student will be graded on the basis of the following:

1.	Attendance:	10 points/day	=	300 points
2.	Practical skills and class work		=	100 points
3.	Lifeguard Final		=	100points
4.	CPR/AED First Aid Final		=	100 points

Instructor policy on late assignments, missed exams/quizzes, and unexcused absences:

If you have any of these issues please contact the instructor.

Grading Scale:

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

Important Semester Dates:**2013 Fall Semester**

Aug 19	Classwork Starts
Aug 22	Last Day to Waitlist
Aug 23	Last Day to Add Without Signature
Aug 28	Drop/Audit Fee Begins (\$10 per class)
Sep 2	Labor Day
Sep 3	\$50 Late Registration/Payment Fee
Sep 9	Pell Grant Census
Sep 9	Last Day for Refund
Sep 9	Last Day to drop without receiving a "W" grade
Sep 10	Courses dropped for non-payment
Sep 13	Last Day to Add/Audit
Oct 9	Mid-Term Grades Due
Oct 10-11	Semester Break
Oct 14	Last Day to Drop Individual Class
Oct 21	Spring and Summer 2014 class schedules available online
Nov 8	Last Day for Complete Withdrawal
Nov 11	Spring Registration open to Seniors (90+ credits)
Nov 12	Career Day
Nov 12	Spring Registration open to Juniors (60+ credits)
Nov 13	Spring Registration open to Sophomores (30+ credits)
Nov 14	Spring Registration Open to All Students
Nov 27-29	Thanksgiving Break
Dec 6	Classwork Ends
Dec 9-13	Final Exams

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.

- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516 M.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.

Date	Activity
Aug 19	Start of Class—Intro
Aug 21	Swim Test
Aug 26	Skills
Aug 28	Skills and Swim
Sept 2	Holiday
Sept 4	Skills and Swim
Sept 9	Skills
Sept 11	Review
Sept 16	Swim
Sept 18	Swim
Sept 23	Swim
Sept 25	Swim
Sept 30	Back Board
Oct 2	Back Board
Oct 7	Skill
Oct 9	Skill
Oct 14	Swim
Oct 16	Swim
Oct 21	Swim
Oct 23	CPR
Oct 28	CPR
Oct 30	CPR
Nov 4	CPR
Nov 6	CPR Skills
Nov 11	First Aid
Nov 13	First Aid
Nov 18	First Aid
Nov 20	First Aid Skills
Nov 25	First Aid Skills
Nov 27-29	Thanksgiving Holiday
Dec 2	Review

Dec 4	Review
Dec 9-13	Final: Dec 11th 12:00-2:00 GYM115