

## **PEHR 1340: Lifeguard Training Spring 2013**

### **Instructor and Course Information:**

**Instructor:** Kelly Smith                      **Email:** smith\_k@dixie.edu                      **Phone:** 652-7784  
**Office:** Old Gym Upstairs                      **Office hours:** 7:00a.m.-9:00a.m. daily

**Course Credits:** Two (2)

**Location of class:** Old Gym Room 115 and Fitness Center/Pool

**Meeting times for class:** 1:00 pm – 1:50 pm M/W

**Beginning/Ending dates for course:** Jan 7-Apr 24

#### **Pre/Co-requisites for this course:**

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.

#### **Required Publications, Textbook for class:**

American Red Cross Standard First Aid and Lifeguard Training

#### **Course Description:**

The purpose of this course is to provide the candidate with skills and knowledge to meet the requirements for persons wishing to be hired as lifeguards. Candidates will learn rescuer skills in CPR and the first aid procedures for common emergencies as well as the skills, knowledge and techniques necessary to become a responsible lifeguard at swimming pools and non-surf open water beaches. Upon successful completion of this course participants will be certified in American Red Cross Standard First Aid and Lifeguard Training.

#### **Department Objectives:**

All PEHR courses have the following objectives:

- 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:

<b>1.</b>	<b>Attendance: 10 points/day</b>	<b>=</b>	<b>300 points</b>
<b>2.</b>	<b>Practical skills and class work</b>	<b>=</b>	<b>100 points</b>
<b>3.</b>	<b>Lifeguard Final</b>	<b>=</b>	<b>70 points</b>
<b>4.</b>	<b>CPR/AED First Aid Final</b>	<b>=</b>	<b>120 points</b>

**The grade will be given based upon the following percentages:**

<b>A = 94%-100%</b>	<b>B+ = 87-89%</b>	<b>C+ = 77-79%</b>	<b>D+ = 67-69%</b>	<b>F= Below 60%</b>
<b>A- = 90%-93 %</b>	<b>B = 83-86%</b>	<b>C = 73-76%</b>	<b>D = 63-66%</b>	
	<b>B- = 80-82%</b>	<b>C- = 70-72%</b>	<b>D- = 60-62%</b>	

**Institutional and Class Policies**

**ACADEMIC INTEGRITY:** Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

**Withdrawal for disruptive behavior policy-** Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

**Withdrawal from class-** If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

### **Student Support Services**

If you are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.

**Tutoring:** See Instructor

Date	Activity
Jan 7	Start of Class—Intro
Jan 9	Swim Test
Jan 14	CPR
Jan 16	CPR
Jan 21	<b>Holiday</b>
Jan 23	<b>CPR Test</b>
Jan 28	First Aid
Jan 30	First Aid
Feb 4	First Aid Test
Feb 6	Swim Test
Feb 11	Skills
Feb 13	Skills and Swim
Feb 18	<b>Holiday</b>
Feb 20	Skills
Feb 25	Skills and Swim
Feb 27	<b>Review</b>
Mar 4	Swim
Mar 6	Swim
Mar 11-15	<b>Spring Break</b>
Mar 18	Swim
Mar 20	Back Board
Mar 25	Back Board
Mar 27	Skill
Apr 1	Skill
Apr 3	Swim
Apr 8	Swim
Apr 10	Swim
Apr 15	Swim
Apr 17	Swim
Apr 22	<b>Review</b>
Apr 24	<b>Review</b>
Apr 26-May 2	<b>Finals Week—Final</b>

