



113.01 Darracott Item

Wednesday, January 21, 1998 8:50:40 PM

**From:** ☐ Chip Darracott  
**Subject:** Syllabus  
**To:** ☐ 113.01 Darracott

**Cc:**

PE 113 LIFEGUARD TRAINING  
Oxford College of *Emory University*

Dr. Chip Darracott, 4B Gym, 4-8309 011498MWF

Course Objectives:

1. Train students to be capable of performing all skills and duties of a lifeguard as specified by the American Red Cross.
2. Maintain and improve the physical fitness of students through aquatic workouts.
3. Instill the knowledge required to maintain a safe aquatic environment.
4. Learn the skills required for CPR for the Professional Rescuer and Standard First Aid.

Text: *Lifeguarding Today*, American Red Cross  
*CPR for the Professional Rescuer*, American Red Cross.

Grading: The **Oxford College Honor Code** applies to all the grading categories listed below.

**Class participation:** 4 absences allowed without penalty. 3 point penalty for each additional class missed regardless of reason. 0.5 penalty for partial participation. NO EXCUSED ABSENCES. (Please communicate with instructor immediately if unusual circumstances arise.)  
**Bonus:** Full participation without absence during a calendar month (Feb, March, April) earns 2 point bonus. Intramural sports/aerobics class - 1 point bonus for each game or class up to 5 points. Students may not receive American Red Cross LGT and CPRO certifications if absent more than 5 times (pool and classroom combined).

**Knowledge: 50%,** Midterm = 25 points. Final = 25 points.

**Skills Testing: 40%,** The following skills tests will be scored: 12-minute swim, spinal injury management, treading with 10 pound brick, swimming with brick, water rescues.

**Homework: 10%,** Workout in the pool during the free swim hours. 1 point for each workout up to 10. Each workout must consist of at least 30 minutes of aquatic activity. No more than 1 workout/day will be credited. Ask lifeguard to record on f

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**No credit for homework will be accepted after April 29.**

Equipment/Clothing: Dress for vigorous physical activity at each class session unless instructor indicates otherwise. **BRING TEXTBOOK TO EACH CLASSROOM MEETING.**

Note: Class activities include vigorous exercise. If there is any medical condition that would put a student at undue risk during exercise, the student must inform the instructor upon knowledge of such condition.



Wednesday, January 21, 1998 3:49:03 PM

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**From:** Chip Darracott  
**Subject:** Class Schedule  
**To:** 113.01 Darracott

**Cc:**

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Lifeguard Training Class Schedule Spring 1998

Jan	14	Introduction
	16	<b>POOL:</b> Screening Test
	19	No Class: MLK Day
	21	Chapt 1&2: LG Today
	23	Chapt 3: LG Today
	26	Chapt 4: LG Today
	28	<b>POOL:</b> Fitness Swimming/Stroke Technique
	30	NO CLASS: Instructor out of town
Feb	2	Chapt. 5: LG Today
	4	<b>POOL:</b> Fitness Swimming/Victim Recognition
	6	Chapt 6: LG Today
	9	Chapt 7 LG Today
	11	<b>POOL:</b> Rescue skills
	13	CPRO: Chapt. 1
	16	CPRO: Chapt. 2
	18	<b>POOL:</b> Rescue Skills
	20	CPRO: Chapt. 3
	23	CPRO: Chapt. 4
	25	<b>POOL:</b> Rescue Skills
	27	CPRO: Chapt. 5
March	2	CPRO: Chapt. 6
	4	<b>POOL:</b> Rescue Skills
	6	CPRO: Chapt. 7
	9,11,13	NO CLASS: Spring Break

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	16	CPRO: Chapt. 8
	18	<b>POOL:</b> Rescue Skills
	20	CPRO: Review
	23	CPRO: Written Test
	25	<b>POOL:</b> Rescue Skills/strokes
	27	Chapt. 9: LG Today
	30	Chapt 9: LG Today
April	1	<b>POOL:</b> Spinal Injury/strokes/fitness tests
	3	Chapt 10: LG Today
	6	Chapt. 11: LG Today
	8	<b>POOL:</b> Spinal Injury
	10	Chapt. 11: LG Today
	13	<b>POOL:</b> Spinal Injury
	15	<b>POOL:</b> fitness tests/skills practice
	17	<b>POOL:</b> Skills Testing
	20	<b>POOL:</b> Skills Testing
	22	<b>POOL:</b> 12-minute Swim
	24	To be announced
	27	Lifeguarding Final Written Exam