

Oxford College
PE 113 – Lifeguard Training
TR 2:30 – 3:45
Fall 2007

Instructor: Anthony Gonzales
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Office: Williams 103
Hours: MW 1:00-2:00
By Appointment

Course Description: Cover introductory lifeguard skills and knowledge required for effective lifeguarding at swimming facilities.

Course Objectives: The primary purpose of the American Red Cross Lifeguarding program is to provide entry-level lifeguard candidates with the skills and knowledge to prevent, recognizes, and responds to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over.

Required Text: American Red Cross. (2007). Lifeguarding. (3rd ed.) Stay Well: Yardly, PA

Attendance: Students will be expected to attend every class. **Three (3) or more unauthorized absences will result in a failure (F) of the class.** Students are expected to be in class and ready to work on time. **Every two (2) tardies will be counted as an absence.** Students are responsible for all information/activities done in class whether they are attended or not.

Lab Days: During the semester additional lab hours may be needed to keep the pace. Lab days will be on Saturday's from 9:00-11:00, only when specified by instructor. These are mandatory for certification hours.

Fees: Students are required to pay a small fee once they completed the lifeguard pre-test. Fees will include the certification cards and processing from the American Red Cross.

Open Swim Practice: Students are recommended to practice their swimming skills a minimum of 500 yards per week. The more the better!

Evaluation: Each participant must be able to successfully demonstrate the required skills listed on the appropriate Skills Checklist for the course. Participants must pass the written test with 80% or better and pass the water scenarios to pass the class and receive **American Red Cross Lifeguarding and First Aid, CPR/AED for the Professional Rescuer** Certifications.

Grading Scale: Due to the uniqueness of this class and the standards represented by the American Red Cross, the following is the grading scale for this class.

A = 80% - 100% on exam, pass all skills & scenarios

C = 70% - 79% on exam, missing skills

D = 60% - 69% on exam, missing skills

F = 0% - 59% on exam, missing skills or 3 or more absences

***NOTE:** Participants who earned an A will receive the American Red Cross certification in Lifeguarding & First Aid and CPR/AED for the Professional Rescuer. If you earned a C, D or F will not receive American Red Cross certifications.

Attire: Students are expected to be prepared to enter the water each day. On Rescue Breathing/CPR days students can wear comfortable clothes but should be prepared to enter the water (in other words...bring your swimsuits every day).

Honor Code: Article 2.A "A student's signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others."

Grade Appeal Process: If you wish to contest the final grade you receive in this class you are to put your request to me in writing within five (5) days of the final grades being posted. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the five (5) day deadline.

Semester Schedule:

Date:	Activity:	Location:
Aug 27	Pre-Tests	Pool
Sept 1	Introduction to Lifeguard Training	Williams 110
Sept 3	What it means to be a lifeguard	Williams 110
Sept 8	Scanning & EAPs	Williams 110
Sept 10	Scanning & EAPs	Williams 110/Pool
Sept 15	Recognition, Entries & Approach	Pool
Sept 17	Water Skills Part I	Pool
Sept 22	Water Skills Part I	Pool
Sept 24	Water Skills Part II	Pool
Sept 29	Providing Care	Williams 110
Oct 1	Exam 1	Williams 110
Oct 6	Breathing Emergencies	Williams 110
Oct 8	Airway Obstruction	Williams 110
Oct 13	Fall Break – No Class	
Oct 15	Cardiac Arrest & CPR	Williams 110
Oct 20	AED	Williams 110
Oct 22	Secondary Assessment	Williams 110
Oct 27	Exam 2	Williams 110
<i>Oct 27</i>	<i>Lab</i>	
Oct 29	Wounds & First Aid	Williams 110
Nov 3	Injuries	Williams 110
<i>Nov 5</i>	<i>HNB on Land</i>	<i>Williams 110/Pool</i>
Nov 10	In-Line Stabilization Shallow	Pool
Nov 12	Backboarding Shallow	Pool
Nov 17	Backboarding Shallow	Pool
Nov 19	In-Line Stabilization Deep	Pool
Nov 24	Backboarding Deep	Pool
Nov 26	Thanksgiving – No Class	
Dec 1	Backboarding Deep	Pool
Dec 3	Exam 3	Williams 110
<i>Dec 3</i>	<i>Lab</i>	
Dec 8	In-Water Final (Scenarios)	Pool

* Schedule is subject to change