

PE 113 LIFEGUARD TRAINING COURSE SYLLABUS

Location: Gym, swimming pool
Instructor: Dr. Bing Wei
Phone No.: (770) 784-8371, On campus: 4-8371
Office Room No.: Trailer room 1
Office Hour: MWF 11:00-12:00 PM, MW 1:00-2:00 PM
 TT 11:00-12:00 PM, 2:00-3:00 PM

COURSE OBJECTIVES:

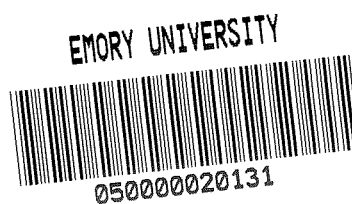
- A. To obtain skills and knowledge needed to prevent and respond to aquatic emergencies.
- B. To be prepared to recognize emergencies, respond quickly and effectively to emergencies, and prevent drownings and other incidents.
- C. To obtain skills and knowledge needed to become a professional lifeguard.

ATTENTION

Class activities may include vigorous exercise. If there is any medical condition which cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately upon your knowledge of the condition. If you have condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating 1) the nature of the limitation(s) and 2) his/her suggestions for activities which would help you meet the requirements of this course.

TOPICS TO BE COVERED

- A. Introduction
 - 1. safety in aquatics
 - 2. facilities and attire
- B. Lifeguard Training prerequisite tests
- C. CPR for the Professional Rescuer
- D. Lectures and skills for Lifeguard Training
- E. First Aid
- F. Spinal injury management



EXAMS

1. CPRO Written Exam	33.3%
2. Final Written Exam	33.3%
3. Skill Tests	33.3%

GRADING

CPRO Final	50 points	136-150	A
Final Exam	50 points	121-135	B
Skill Test 1	25 points	106-120	C
Skill Test 2	25 points	91-105	D
		90 and below	F
<u>Total: 150 points</u>			

TEXT BOOKS and Other:

1. American Red Cross: Lifeguarding Today
2. American Red Cross: CPR for the Professional Rescuer
3. Pocket Mask

ATTENDANCE POLICIES

1. A maximum of two (2) absences will be allowed without penalty for the semester.
2. Two (2) points will be deducted from the final grade on each of the absence thereafter.
3. Three (3) late arrivals (10 minutes or more) to class constitute an absence.
- 4.*** Three (3) absences will automatically lose your chance for American Red Cross certifications.

HONOR CODE

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any student not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

PE 113 MW CLASS CALENDAR SPRING, 2001

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1.	Wed.	1/17	prerequisite test	
2.	Mon.	1/22	introduction	C. 1 & 2
	Wed.	1/24	discussion: C. 1 & 2	C. 3 & 4
3.	Mon.	1/29	discussion: C. 3 & 4	C. 5, 6, 7
	Wed.	1/31	discussion: C. 5, 6, 7	
4.	Mon.	2/5	water skills	CPRO C. 1-5
	Wed.	2/7	discussion: CPRO C. 1-5	
5.	Mon.	2/12	skill practice	CPRO C. 6, 7
	Wed.	2/14	discussion: CPRO C. 6, 7	
			skill practice	
6.	Mon.	2/19	skill practice	CPRO C. 8
	Wed.	2/21	discussion: CPRO C. 8	
			skill practice, CPR	
7.	Mon.	2/26	skill practice, CPR	CPRO review
	Wed.	2/28	CPRO written exam	C. 8
8.	Mon.	3/5	go over CPRO exam	
			discussion: C. 8, water skills	
	Wed.	3/7	water skills	
9.	3/12, 3/14	Spring Break		
10.	Mon.	3/19	water skills	
	Wed.	3/21	water skills	
11.	Mon.	3/26	putting it all together	C. 9, 10,
	Wed.	3/28	first aid	
12.	Mon.	4/2	first aid	C. 11
	Wed.	4/4	discussion: C. 11, water skills	
			spinal injury management	
13.	Mon.	4/9	spinal injury management	C. 12
	Wed.	4/11	discussion: C. 12, water skills	
14.	Mon.	4/16	water skills	
	Wed.	4/18	final skill test	
15.	Mon.	4/23	final skill test	
	Wed.	4/25	final exam review, course evaluation	
16.	Mon.	4/30	final exam, issuing certificates	