

PE 113 LIFEGUARD TRAINING

LOCATION: Swimming Pool
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** RM 103 H
SECTION: 10J
DAY/TIME: TUES/THURS: 10:00 AM – 11:15 PM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 10:30 AM - 12:30 PM

COURSE OBJECTIVES:

1. To understand the importance of keeping the knowledge and skills sharp at all times.
2. To understand how injuries occur and how to help prevent them.
3. To develop effective surveillance skills and be able to respond to emergency action plan at anytime.
4. To master the breathing and cardiac emergencies procedures for conscious and unconscious victims (adult, child, and infant).
5. To follow the general procedures for first aid care.
6. To learn how to prevent, recognize, and care for head, neck, or back injuries.

COURSE CERTIFICATION:

This is a certification course approved by the American Red Cross. Therefore to receive course completion certificates in Lifeguard Training (including First Aid) and CPR for the professional Rescuer, students must have actively participated all lessons and successfully completed both the skills and written examinations.

TEXT BOOKS & COURSE OUTLINE:

The American Red Cross Lifeguard Training Manual will be used, and ARC suggested course guidelines will be followed.

ATTENDANCE:

One hundred percent attendance will be required for the certifications. Special circumstances will have to be approved by the instructor.

STUDENT HONOR CODE:

It is the student responsibility to uphold the honor code as described in the Oxford College's catalog.

| WK | DATE | DAY | ACTIVITIES | COMMENT |
|----|-------|------|--|--|
| 1 | 8/30 | THUR | INTRO | COURSE SYLLABUS, GEN INFO, HANDOUTS |
| 2 | 9/4 | TUES | PREREQUISITE TEST | 500 YARDS SWIM TEST |
| | 9/6 | THUR | PROF LG & INJURY PREVENTN | BENEFITS & RESPONSIBILITIES |
| 3 | 9/11 | TUES | PROF LG & INJURY PREVENTN | DECISION MKNG; LEGAL CONSIDERATION; LG-TM |
| | 9/13 | THUR | PROF LG & INJURY PREVENTN | INJURIES PREVENTION; ENTRIES & APPROACHES |
| 4 | 9/18 | TUES | SURVEILLANCE & EMERGENCY PREP | SURVEILLANCE & RECOGNITION |
| | 9/20 | THUR | SURVEILLANCE & EMERGENCY PREP | RID FACTOR; PROPER SCANNING |
| 5 | 9/25 | TUES | SURVEILLANCE & EMERGENCY PREP | RESPONDING TO EMERGENCIES; EAPs |
| | 9/27 | THUR | RESCUE SKILLS | EXT ASSIST; EXT RESCUE; REAR RESCUE |
| 6 | 10/2 | TUES | RESCUE SKILLS | MUL-VICTIM RESCUE; PASSIVE VICTIM; FT-FIRST |
| | 10/4 | THUR | RESCUE SKILLS | SUBMERGED RESCUE; ESCAPES; REMOVAL |
| 7 | 10/9 | TUES | BEFORE CARE & BREATHING EMERG | PRIMARY SURVEY; BREATHING EMERGENCY |
| | 10/11 | THUR | BEFORE CARE & BREATHING EMERG | OBSTRUCTED AIRWAY-CONSCIOUS |
| 8 | 10/16 | TUES | NO CLASS | MIDSEMESTER BREAK |
| | 10/18 | THUR | BEFORE CARE & BREATHING EMERG | OBSTRUCTED AIRWAY-UNCONSCIOUS |
| 9 | 10/23 | TUES | CARDIAC EMERGENCIES | CARDIAC CHAIN OF SURVIVAL |
| | 10/25 | THUR | CARDIAC EMERGENCIES | CPR (ADULT; CHILD; INFANT) |
| 10 | 10/30 | TUES | CARDIAC EMERGENCIES | BVM, ACTIVE & PASSIVE DROWNING VICTIM RES |
| | 11/1 | THUR | FIRST AID | SECONDARY SURVEY; WOUNDS |
| 11 | 11/6 | TUES | FIRST AID | OTHER INJURIES: MUSCLES, BONE & JOINTS |
| | 11/8 | THUR | FIRST AID | HEAT & COLD RELATED EMERGENCIES |
| 12 | 11/13 | TUES | HEAD, NECK, AND BACK INJURIES | HEAD, NECK & BACK INJURY |
| | 11/15 | THUR | HEAD, NECK, AND BACK INJURIES | CARE FOR HEAD, NECK & BACK INJURIES |
| 13 | 11/20 | TUES | HEAD, NECK, AND BACK INJURIES | IN-LINE STABILIZATION TECH; USING BACKBOARD |
| | 11/22 | THUR | NO CLASS | THANKSGIVING RECESS |
| 14 | 11/27 | TUES | CARING FOR HEAD, NECK, AND BACK | DEEP WATER RESCUE |
| | 11/29 | THUR | VIDEOS | ATTEND US OPEN SWIMMING CHAMPIONSHIPS |
| 15 | 12/4 | TUES | WRITTEN EXAM & SKILLS SCENARIOS | |
| | 12/6 | THUR | WRITTEN EXAM & SKILLS SCENARIOS | |
| 16 | 12/11 | TUES | WRITTEN EXAM & SKILLS SCENARIOS | |
| | 12/13 | THUR | | |

