

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

FITN-148 LIFEGUARDING

I. Basic Course Information

- A. Course Number and Title: 148- Lifeguarding
- B. Date of Proposal: Spring 2007
- C. Sponsoring Department: Health Science Education
- D. Semester Credit Hours: 3
- E. Weekly Contact Hours: Lecture: 2
 Laboratory: 2
- F. Prerequisites: Must pass Red Cross Lifeguarding minimum
 skill test first week of class
- G. Fees: Red Cross cards

II. Catalog Description

Prerequisites: Must pass Red Cross Lifeguarding minimum skill test first week of class

This course is an introduction to lifeguarding taught by an instructor who is certified by the American Red Cross in Water Safety, Community First Aid, Cardiopulmonary Resuscitation and Automated External Defibrillation (AED). Upon successful completion of the course the student will receive certification in Lifeguarding, First Aid, CPR for the Professional Rescuer and AED. In order to enroll in this course each student must demonstrate an ability to:

- swim 500 yards continuously utilizing crawl, breast and side strokes; perform a surface dive to a minimum depth of 7 feet;
- swim 20 yards, submerge to a minimum depth of 7 feet, retrieve a 10 pound object from the bottom, return with it to the surface, and bring it back to the starting point while holding the object with two hands

Certification cards include: Lifeguard Training and CPR for the Professional Rescuer.

III. Statement of Course Need

- This course is part of the American Red Cross Lifeguarding Program. It is designed to provide students with the skills and knowledge needed to prevent and respond to aquatic emergencies

- This course provides students with national and international American Red Cross certification which is required for employment as a lifeguard.
- This course meets the needs of community, state, national and international aquatic facilities to employ qualified lifeguards to protect the public safety.

IV. Place of Course in College Curriculum

- A. Free elective.
 - Elective for Fitness Specialist Certificate program
- B. Course transferability: Upon evaluation by participating two-year and four-year colleges and universities (on the www.njtransfer.org website), the Lifeguarding course may transfer as an elective.

V. Outline of Course Content

- The Professional Lifeguard
- Preventing Aquatic Injury
- CPR for the Professional Rescuer
- Rescue Skills
- First Aid
- Spinal Injury Management
- Waterfront Facilities
- Waterpark Facilities
- AED Essentials

VI. Educational Goals and Learning Outcomes

A. Educational Goals

Students will:

- Communicate with instructor and classmates in a clear, logical manner about the principles of lifeguarding and CPR (G.E. 2).
- Use critical thinking skills when responding to emergency situations (G.E. 2).
- Exhibit the ability to problem solve and make critical decisions related to knowledge of water safety and CPR.(G.E. 2, 3)

B. Learning Outcomes

Students will be able to:

- Explain lifeguarding surveillance and rescue techniques in case of drowning or water related accidents.
- State facility policies, procedures and rules
- Demonstrate the ability respond quickly and effectively to emergencies
- Demonstrate techniques that will prevent drowning and other incidents
- Perform physical skills needed to become a professional lifeguard

VII. Modes of Teaching and Learning

- Lecture/Discussion
- Written Assignments
- Water safety drills
- Laboratory-CPR, First Aid, AED, Water Skills
- Video component
- Small group work

VIII. Papers, Examinations, and other Assessment Instruments

- CPR Written Examination Skill demonstration
- Red Cross exams
- Midterm exam
- Final exam

IX. Grade Determinants

- CPR for the Professional Rescuer Exam – Red Cross
- AED Exam – Red Cross
- First Aid Exam – Red Cross
- Midterm
- Lifeguarding Exam – Red Cross
- Practical Skills Tests
- Final Exam
- Class Attendance/Participation

X. Texts and Materials

Textbooks: Lifeguard Training
American Red Cross

CPR for the Professional Rescuer and AED Essentials

American Red Cross

Skill Cards- First Aid; Adult CPR; and Child and Infant CPR
American Red Cross

Materials: Resuscitation Mask
First Aid Kit-roller bandage, gauze pad, triangular bandage
Please bring appropriate textbook to class and a notebook for
lecture.
Students must bring own bathing suits and towels to class.
Goggles are optional

XI. Resources-

- RVCC Swimming Pool
- Mannequins
- Videotapes
- AED Simulators

XII. Honors Options- None