



SUL ROSS
KINESIOLOGY DEPARTMENT

PE 1153
Lifeguarding
Fall 2021

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Office Hours: MW 2-4pm TR 11-12 & 2-4, and F 11-1. **By appointment** (use schedulicity to set appointment)
Class: T/Th 12:30pm GPC
Required Text: None. A certification fee of \$40 will be required in place of a textbook.

Purpose

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience.

Prerequisites

Candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
 - Exit the water without using a ladder or steps.

Marketable Skills:

1. Students acquire communication skills.
2. Students acquire collaboration skills.
3. Students demonstrate critical thinking.

Learning Objectives

- Demonstrate proficiency in all of the prerequisite skills.
- Explain how to fulfill the responsibilities of a professional lifeguard
- Define certain legal considerations and apply them to situations that might be encountered in lifeguarding.
- Describe the drowning process.
- Identify the behaviors of a swimmer, distressed swimmer, and an active and a passive victim and be able to assist
- Identify and define elements of effective surveillance.
- Demonstrate the ability to implement an EAP and perform a rescue.
- Demonstrate how to safely and effectively extricate an unresponsive victim from the water using a backboard.
- Recognize and care for a breathing emergency.
- Demonstrate how to safely and effectively perform one-rescuer CPR and two-rescuer CPR.
- Demonstrate how to use an automated external defibrillator (AED).
- Demonstrate how to care for victims with head, neck or spinal injuries on land and in water.

Length

- Instructor-Led: 28 hours, 35 minutes
- Blended Learning: 7 hours eLearning and 19 hours 45 minutes in-person

Attendance

Attendance for class is mandatory. Every class day is a grade.

Certification Requirements

Candidates must:

- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities, including assuming various roles during scenarios.
- Demonstrate competency in all required skills.
- Pass the final skills scenarios.
- Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the participant has passed the practical assessment.
- Blended Learning only: complete all eLearning modules.

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	Grade (Points)	Grading Scale
Blended Learning Online Completion	(200 points)	A > 900
Written Test (x2)	(200 points)	B > 800
Skills Test (1)	(300 points)	C > 700
Attendance	(300 points)	D > 600
Total Points	1000	F < 599

Program Learning Outcomes

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Course Schedule

	<u>Tuesday</u>	<u>Thursday</u>
<u>Week 1</u>	Review Course Requirements	Set Up Blended Learning
<u>Week 2</u>	Blended Learning	Blended Learning
<u>Week 3</u>	Initial Water Skills	Active Rescues
<u>Week 4</u>	Passive Rescues - Shallow	Passive Rescues - Deep
<u>Week 5</u>	Spinal Backboarding	Spinal Backboarding
<u>Week 6</u>	Breathing Emergencies	Cardiac Emergencies
<u>Week 7</u>	Water Skills Test	Water Skills Test
<u>Week 8</u>	Written Test	Written Test
<u>Week 9</u>	Guard	Guard
<u>Week 10</u>	Guard	Guard
<u>Week 11</u>	Guard	Guard
<u>Week 12</u>	Guard	Guard
<u>Week 13</u>	Guard	Guard
<u>Week 14</u>	Guard	Guard
<u>Week 15</u>	Guard	Guard
<u>Week 16</u>	Final Exam Week – No Class	

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Diversity Statement

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

ADA Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email rebecca.wren@sulross.edu. Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C122, Sul Ross State University, Alpine, Texas, 79832.

Library Information

The Bryan Wildenthal Memorial Library in Alpine offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your Lobold and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).