

HESA 223 Lifeguard Training Fall 2015

Instructor: Matthew Rever
Office: 2031 Carmichael Gym
Office Phone: 515-6381
Email: mjrever@ncsu.edu
Course Meeting: **004** 11:45am-1:00pm M/W
Office hours: M-Th: 8:00-9:00am, or by appointment
Credit Hours: 2
Course Prerequisites: HESA 221 or equivalent skills

Required Text: American Red Cross, **Lifeguarding**, StayWell, Yardley, Pa., 2012.

Course Description: This course is designed to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to emergencies and to provide care for injuries and sudden illnesses until emergency medical services (EMS) personnel arrive and take over.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health & Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health & Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the Health and Exercise Studies category of the General Education Requirements will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies of physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

Student Learning Outcomes

By the end of this course, students will be able to:

1. Demonstrate the fundamentals of fitness through their ability to swim for a certain period of time and comfortably handle themselves along with an active or passive victim in deep water.
2. Discuss and explain the importance of a healthy lifestyle in maintaining a high level of proficiency as a lifeguard.
3. Demonstrate the correct skills and rescues needed to aid individuals who find themselves in trouble in aquatic facilities.
4. Demonstrate the correct skills needed to aid individuals who need first aid for sudden illnesses or CPR emergencies.
5. Explain what their role is in an aquatic facility's emergency action plan.
6. Identify and demonstrate how to respond to a swimmer who needs assistance in and around the water.

Swim Test:

1. 300 yard swim (non-stop, demonstrating breath control, and rhythmic breathing).

Students 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.

2. Tread water for 2 minutes using only the legs.

3. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to the surface and swim 20 yards back to the starting point with both hands on the object. The student's face must be above the water on the return trip. Once back to the starting point the student must exit the water without using a ladder or step. This entire skill must be performed within 1 minute, 40 seconds. No swim goggles are allowed.

Evaluation Procedures:

Lifeguard Final Skill Scenarios	50%
450 Swim	20%
Moodle Tests	30%

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

Grading method (letter grade, S/U, audit) verification is the responsibility of the student; grade method changes cannot be made after the university deadline has passed (10/16/15).

97-100 = A+	93-96.99 = A	90-92.99 = A-
87 – 89.99 = B+	83-86.99 = B	80-82.99 = B-
77-79.99 = C+	73-76.99 = C	70-72.99 = C-
67-69.99 = D+	63-66.99 = D	60-62.99 = D-
0-59.99 = F		

450 Time	Score
5:00	100
5:30	99
5:45	98
5:56	97
6:05	96
6:15	95
6:28	94
6:38	93
6:46	92

6:55	91
7:05	90
7:18	89
7:26	88
7:36	87
7:44	86
7:55	85
8:08	84
8:18	83
8:26	82
8:34	80

8:45	78
8:56	77
9:05	76
9:16	75
9:25	74
9:34	73
9:45	72
9:54	71
10:00	70
>10:00	69

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor. Attendance is recorded starting on the first day of the semester, regardless of your enrollment status.

See http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php for more information.

You will be allowed five absences without penalty. Two or more absences will prevent you from earning ARC Lifeguard certification. A sixth absence for any reason will result in a failing grade. I expect you to be in class, participating in the activity, each class day. Attendance is recorded starting the first day of the semester, regardless of your enrollment status.

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Requirements for Audit: Students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.

http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades:

http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended.

Make up work is to be limited to accomplishing the work not completed. Incompletes must be made up prior to the last week of classes.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website:
http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services Office at 1900 Student Health Campus Box 7509, 515-7653. See <http://www.ncsu.edu/dso/>
For more information on NC State’s policy on working with students with disabilities, please see the **Academic Accommodations for Students with Disabilities Regulation** (http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php).
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State’s policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.

8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Please turn off cell phones during class time.
10. All musical devices, such as IPOD's must be turned off when you enter this class.

American Red Cross certification is optional and is not required for successful completion of this course. If you opt for certification, the Triangle Area Chapter of the American Red Cross charges a \$35.00 fee. Fees must be submitted by 10/28. Payments (check or money order only) must be made out to NC State Department of Health and Exercise Studies. Fees can only be paid between 8:00am-12:00pm and 1:00pm-5:00pm Monday through Friday.

Upon successful completion of this course, which includes passing all water skills and making at least 80% on the written exams, those students who opt for certification will be awarded one certificate:

**American Red Cross Universal Certificate for Lifeguarding/First Aid/CPR/AED
(Valid for 2 years)**

HESA 223 Lifeguard Training Schedule

8/19	CG 2035/Pool:	Introduction, Facility Tour, EAP
8/24	Pool:	Swim Test
8/26	Pool:	Swim Conditioning
8/31	Class (CG 2035):	The Professional Lifeguard, Legal Considerations, Communication Skills
9/2	Pool:	Active Victim Rescue Skills (Entries/Approach Strokes/Assists, Defenses/Blocks)
9/7	Labor Day – No Class	
9/9	Pool:	Passive Victim Rescue Skills (Backboard Removal)
9/14	Pool:	Special Rescue Skills (Multiple Victim, Submerged)
9/16	Pool:	Special Rescue Skills (Submerged)
9/21	Pool:	Special Rescue Skills (Submerged)
9/23	Class (CG 2035):	CPR, Moodle Test #1
9/28	Class (CG 2035):	CPR
9/30	Class (CG 2035):	CPR
10/5	Class (CG 2035):	CPR
10/7	Class (CG 2035):	Oxygen Administration/Manual & Automatic Suctioning
10/12	Class (CG 2035):	First Aid
10/14	Pool:	Spinal Injury Management
10/19	Pool:	Spinal Injury Management
10/21	Pool:	Spinal Injury Management
10/26	Pool:	Spinal Injury Management
10/28	Pool:	Spinal Injury Management
11/2	Pool:	Spinal Injury Management (ARC Fee Due)
11/4	Pool:	Spinal Injury Management, Moodle Test #2
11/9	No Class – Individual Swim Conditioning	
11/11	No Class – Individual Swim Conditioning	
11/16	Pool:	Final Skill Scenarios/ Swim Conditioning
11/18	Pool:	Final Skill Scenarios/Swim Conditioning
11/23	Pool:	Final Skill Scenarios/ Swim Conditioning,
11/25	No Class – Thanksgiving	
11/30	Pool:	Final Skill Scenarios/ Swim Conditioning, Moodle Test #3
12/2	Pool:	450 Swim Final
12/9	Class (CG 2035):	9-11am CPR Scenario Testing