

ACE Lifeguarding Course
CORNING COMMUNITY COLLEGE
Health & Sciences Division
February 3, 2015 – June 15, 2015

Physical Fitness (PFIT 1007) Lifeguard Training

Instructor Name *Mrs. Kramer, M.S.E., Odessa-Montour CSD*

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Course Description

Develop knowledge and skills to manage aquatic emergencies. Satisfies The American National Red Cross requirements to become a lifeguard, and accepted by New York State. (One credit hour) Prerequisite: Must be at least 15 years of age; strong swimming skills. Lecture/activity

Course Learning Outcomes

Students will be able to perform all skills required for certification without assistance from the instructor by the end of the semester. Students will understand what it means to be a professional lifeguard and that the primary responsibility is surveillance. In addition, he/she will know how to prevent and respond to emergencies.

Each student will receive a textbook and one resuscitation mask for this class. At the completion of the course, students may receive certification cards in Lifeguarding/First Aid (two-year certification) and CPR for the Professional Rescuer (one-year certification).

*The goal is for each student enrolled in lifeguarding to receive certification. It is possible for a student to get certified in CPR only or not get any certifications, however still earn credit for taking the class as long as he/she receives a passing grade. Each student is expected to be able to perform each and every skill without assistance from the instructor on the testing dates.

This class will involve watching videos and practicing and performing skills both in the pool and the classroom. It is the student's responsibility to see what they have missed and arrange a time to make everything up. The class will not hold up progress for students that are absent or not participating as we must get through the materials and skills necessary to certify lifeguards. If a student is placed on a medical, the instructor will try to work with the student, but this may not be possible.

Textbook Information / Supplemental Course Materials

American Red Cross: Lifeguarding Manual (2012). Krames StayWell Strategic Partnerships Division, USA.

www.instructorscorner.org

Tentative Outline / Timeline of Course Topics

February 3rd through 5th - Prerequisites will be tested on these dates including the continuous 300 yard swim using only the front crawl and breaststroke, treading water test (legs only), and the brick retrieval swim.

Fourth Marking Period

- ✓ *Lesson 1: The Professional Lifeguard and Facility Safety*
- ✓ *Lesson 2: Facility Safety, Patron Surveillance and Injury Prevention*
- ✓ *Lesson 3: Injury Prevention and Rescue Skills, Part 1*

Fifth Marking Period

- ✓ *Lesson 4: Rescue Skills, Part 2*
- ✓ *Lesson 5: Before Providing Care, Victim Assessment and Breathing Emergencies*
- ✓ *Lesson 6: Cardiac Emergencies and Using an Automated External Defibrillator*

Sixth Marking Period

- ✓ *Lesson 7: First Aid*
- ✓ *Lesson 8: Head, Neck and Spinal Injuries in the Water 1*
- ✓ *Lesson 9: Final Written Exam and Final In-Water Skill Scenarios*

Evaluation/Grading Policy

Participation in this class is extremely important and crucial to the success of the student. Participation will account for eighty (80%) percent of the student's grade.

- The first time the potential lifeguard is unprepared and unable to participate in class they will receive a zero for the day and will be required to make up the missed skill work. Once the work is made up, they will earn the credit back.
- The second day the student is unprepared for class will result in the student being required to make up the work but he/she will not be given the participation points back.
- The third time the student is unprepared they will be removed from this class and will not receive the college credit or the high school PE ½ credit.

The remaining twenty (20%) percent will come from the two multiple choice tests, the civil service application assignment, and the list of potential job opportunities assignment.

Students must pass both tests with at least an 80 to pass the course. Students will be allowed to retake each test **once**, if a score of 80 is not earned on the first attempt.

Example: 90-100% (Exceptional/Excellent) = A; 80-89% (Very Good / Good) =B; 70-79%=C (Standard / Average); 66-69%=D (Substandard / Unsatisfactory); Below 65%=F (Failing)].

Attendance Policy

If a student is absent from more than the equivalent of 1.5 weeks of class sessions, the following actions may be taken:

1. The student may be dropped from the course, OR
2. If the date for dropping a course without a penalty has passed, the student may receive a failing grade, unless prior arrangements have been made between the instructor and student.
3. A student who seeks an exception to this policy must do so in advance of the absence and/or provide documentation of the emergency that caused it, as determined by the instructor.
- 4. The high school Physical Education attendance rule will apply, however with adjustments since the class meets every day. Therefore, once a student has missed four days per marking period, any additional absence beyond four in that marking period will call for a loss of daily participation points.**

Student Withdrawal Policy / Last Day to Drop

If for any reason a student must withdraw from this course, it is the student's responsibility to do so by submitting an online drop form through MyCCC. A grade of "W" will be assigned if the withdrawal occurs before the date specified in the ACE Handbook under "ACE Critical Dates," the official drop date for this course, and a grade of "F" thereafter. If a student simply stops attending rather than officially withdrawing, he or she will receive a grade of "F" for the course. The instructor may drop a student for non-attendance.

Electronics Usage

Students are strictly prohibited from using electronic devices in this class, including cell phones, laptops, Ipods, etc. as stated in the student handbook. A lifeguard would never be using a cell phone or other device while on surveillance duty.

Classroom Conduct

It is expected that students act as if they are "on the job" as a lifeguard during class. The atmosphere is one that will demand respect and responsibility on a daily basis. The entire premise of the class is protecting lives, including our own. Inappropriate behavior will not be tolerated at any time. **Please refer to Odessa-Montour's Parent/Student Handbook for other conduct concerns.*

Academic Honesty Policy

The principles of integrity, respect and ethical behavior are long standing traditions at CCC. It is expected that all students will recognize these values and adhere to all aspects of student conduct and academic honesty inside and outside of the classroom. The act of academic dishonesty is one in which a student is trying to gain an unfair academic advantage or is avoiding actions

required by a course, which have been designated to improve some aspect of the student's education. Knowingly and willfully aiding or collaborating with a student in the violation of an Academic Honesty policy, even if not personally committing any violation is considered academic dishonesty.

Plagiarism occurs when a person presents another's ideas, information, words, artwork, films, music, graphs, data or statistics as if they were his or her own creation. Plagiarism is a form of theft and is cheating. When a person copies material from a published source, such as a periodical, encyclopedia, or book, or downloads a passage from an Internet source and presents that information without proper documentation (reference or quotation) in a paper or project, then that person has committed plagiarism. Even if the content or wording is slightly changed, a little plagiarism is still plagiarism.

If a violation of this policy has occurred, the instructor will conduct an investigation. The result of this investigation may be a failing grade on the assignment, a failing grade for the course, or expulsion from the College.

Version: July 18, 2011