

Bemidji State University

PHED 2630: Lifeguard Training

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

A lecture course with laboratory activity that examines and applies the fundamentals and skills of supervising swimming pool and water front activities. American Red Cross Certification may be earned for: Lifeguard Training and First Aid, CPR/AED for the Professional Rescuer, and Waterfront Lifeguarding. Good swimming skills are needed to succeed in this course.

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. AED
2. Before providing care, breathing emergencies, preventing disease transmission
3. Cardiac emergencies
4. Patron surveillance and emergency preparation
5. Professional lifeguard and injury prevention
6. Rescue skill and first aid
7. Spinal injury management
8. Waterfront: run and swim entry, launching a rescue board, and extreme shallow water techniques

D. LEARNING OUTCOMES (General)

1. learn the requirements and be prepared to take the ARC exams for Lifeguard Training, CPR/AED for the Professional Rescuer, Waterfront Lifeguard.
2. learn how to successfully complete the required CPR scenarios. These scenarios will test you on your ability to evaluate, react, and make decisions in emergency situations. They will consist of a series of real-life simulations where you will be expected to combine multiple CPR skills.
3. learn how to successfully complete the required rescue scenarios. These scenarios will test you on your ability to evaluate, react, and make decisions in emergency situations. They will consist of a series of real-life simulations where you will be expected to combine multiple lifeguarding skills.
4. demonstrate mastery of each lifeguarding critical skill (which includes water rescues, first aid, CPR, and AED use).

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted