

# MAYVILLE STATE UNIVERSITY

## DIVISION OF HEALTH, PHYSICAL EDUCATION & ATHLETICS COURSE SYLLABI

**COURSE NUMBER:** HPER 219

**SEMESTER:** Fall 2017

**HOURS OF CREDIT:** 1

**TIME:**

Friday, Sept 1<sup>st</sup> ---5pm-9pm

Saturday, Sept 2<sup>nd</sup> --- 9am-6pm

Sunday, Sept 3<sup>rd</sup> --- 9am-6pm

Monday, Sept 4<sup>th</sup> --- 9am-to Finish

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**OFFICE HOURS:** none

**COURSE DESCRIPTION:**

A course designed by the American Red Cross(ARC). Students fulfilling the ARC criteria will be issued an ARC Lifeguard Training Certificate.

**PURPOSE OF THE COURSE:**

The purpose of the ARC 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 care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. The care steps outlined within this course are consistent with the Guidelines 2010 for First Aid and the 2010 Consensus on Science for Cardiopulmonary Resuscitation and Emergence Cardiovascular Care. This course also reflects the US Lifeguarding Standards: A Review and Report of the Us Lifeguard Standards Coalition, a collaborative effort of the ARC, The US Lifesaving Association and the YMCA of the USA. The course content and activities will prepare participants to make appropriate decisions about the care to provide in an aquatic emergency and a medical emergency.

**PRE or CO-REQUISITE:** HPER 210 First Aid & CPR

**PREREQUISITE SKILLS:** As determined by the American Red Cross:

To enroll in the Lifeguard Training course, a person must -

1. Be at least 15 years old
2. Tread water for 2 minutes without support and without stopping using only the legs. Candidates should place their hands under the armpits. The head must remain above the surface of the water.
3. 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. Swimming goggles may be used.
4. Complete a timed event within 1 minute, 40 seconds.
  - \*Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - \*Surface dive, feet-first or head-first, to a depth of 7-10 feet, retrieve a 10 pound object.
  - \*Return to the surface and swim 20 yards on the back to return 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. Candidates should not swim the distance under water.
  - \*Exit the water without using a ladder or steps.

**REQUIRED TEXT:** Lifeguarding @2012 American National Red Cross Published by Krames Staywell

**COURSE OBJECTIVES:**

(INTASC Standards applicable to this course-all reference INTASC 9). The course activities, experiences, and sequence are intended to provide opportunities for class members to accomplish the following:

The student will:

- Identify the common hazards associated with various types of aquatic facilities, and develop the knowledge and skills to eliminate or minimize such hazards.
- Identify when a person is in a distress or drowning situation and to rescue that person.
- Demonstrate an understanding of the lifeguard-employer, and lifeguard-facility user relationships
- Demonstrate the rescue skills essential for lifeguards
- Explain the responsibilities of a lifeguard and show an enthusiasm for carrying them out.
- Demonstrate their speed, endurance, and techniques in swimming and lifeguarding skills

**DIVERSITY OBJECTIVES:**

- Understand cultural self-awareness and worldviews as they relate to teaching and learning decisions.
- Demonstrate actions consistent with the belief that all students are valued and can learn.

**INSTRUCTIONAL STRATEGIES**

- Cooperative Learning Activities
- Class Discussions
- Written and Oral Communication Tasks

**PROJECTS AND EVALUATION:**

A. Class requirements:

- The American Red Cross requires attendance and participation in all class sessions
- Demonstrate competency in all required skills and activities for successful completion of the Lifeguarding course.
- Students must achieve a score of 80% or better on the written examination. The written examination is based on material presented in accordance with policies and procedures established by the American Red Cross.
- Demonstrate competency in all required final rescue skill scenarios.

B. Evaluation:

Final grades are determined on a point basis as follows:

Class participation .....	= 225	A = 90-100%
Skills .....	= 225	B = 83-89%
Written Test .....	= <u>100</u>	C = 75-82%
	550	D = 65-74%
		F = below 65%

Final Exam: Sunday, January 22, 2017

**Assumption of Risk:** There are many special benefits from the activities being offered to students by the HPER division. Within the activities it must be understood that there are dangers that may lead to injury to students. Therefore, the purpose of this section is to make all students aware that dangers do exist and that participation is done with the understanding that risks are involved. It is further understood that students must share in the responsibility for their own safety and the safety of others.

**FOR YOUR INFORMATION**

SLO's for all majors can be found on Moodle under **MSU Academic Student Learning Outcomes**.

The **INTASC Standards** adopted for the Reflective-Experiential Model for Early Childhood Education, Elementary Education and Secondary Educations can be found on the Moodle page under **Accreditation**.

**The following important student information can be found on the Moodle page under "Important Student Information" link:**

- English Proficiency and Other academic Concerns
- Students with Disabilities
- Academic honesty
- Emergency Notification
- Continuity of Academic Instruction for a Pandemic or Emergency
- Family Educational rights and Privacy Act of 1974 (FERPA)