



Syllabus

HPE 242 Lifeguarding

General Information

Date

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Author

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Department

Physical Education and Integrated Health Care

Course Prefix

HPE

Course Number

242

Course Title

Lifeguarding

Course Information

Credit Hours

3

Lecture Contact Hours

1.5

Lab Contact Hours

2

Other Contact Hours

0

Catalog Description

The purpose of this course is to provide entry level lifeguard candidates with the skills and knowledge to prevent, recognize and respond to emergencies, and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Prerequisites: The student must at least 15 years of age and demonstrate basic swimming skills. An additional fee is required for Red Cross Certification

Key Assessment

This course does not contain a Key Assessment for any programs

Prerequisites

None

Co-requisites

None

Grading Scheme

Letter

First Year Experience/Capstone Designation

This course **DOES NOT** satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality
Inquiry
Perseverance
Interconnectedness

Course Learning Outcomes

Course Learning Outcomes

1. Demonstrate rescue skills necessary to be a professional rescuer (individually, and as part of a lifeguard team).
2. Identify legal considerations of being a professional rescuer
3. Develop management skills (eg. communications skills, informed decision making, preventive lifeguarding techniques).
4. Demonstrate response to simulated emergencies (ie. CPR, First Aid, and AED) based on an Emergency Action Plan.

Outline of Topics Covered

1. Water rescue skills
2. General procedures for water emergency

3. Breathing emergencies
4. Recognizing and caring breathing emergencies
5. Cardiac emergencies
6. Cardiac chain of survival
7. First Aid
8. Responding to injuries and illness
9. Caring for head neck and spinal injuries
10. Procedure and rotation