

EASTERN ARIZONA COLLEGE

Lifeguard Training

Course Design

2018-2019

Course Information

Division Health & Physical Education

Course Number HPE 170

Title Lifeguard Training

Credits 2

Developed by Jim Bagnall

Lecture/Lab Ratio 1 Lecture/2 Lab

Transfer Status

	ASU	NAU	UA
Elective Credit		FIT 100	PE 229

Activity Course Yes

CIP Code 13.1314

Assessment Mode Pre/Post Test (75 Questions/75 Points)

Semester Taught Upon Request

GE Category AAS degree only

Separate Lab No

Awareness Course No

Intensive Writing Course No

Diversity and Inclusion Course No

Prerequisites

None

Educational Value

Students interested in becoming certified to work as a lifeguard or increase their knowledge of lifesaving techniques.

Description

The objective of the course is to teach students the skills and knowledge an individual requires to properly assume lifeguarding responsibilities at a swimming pool, waterpark, or a nonsurf water beach.

Supplies

Loose, comfortable clothing and soft flat shoes.

Competencies and Performance Standards

1. Provide the individual with the knowledge and skills of life saving methods.

Learning objectives

What you will learn as you master the competency:

- a. Discuss the necessary knowledge and skills of life saving methods.

Performance Standards

Competence will be demonstrated:

- o in passing skills test and written test

Criteria - Performance will be satisfactory when:

- o learner passes skills test and performs various life saving techniques in mock situations

2. Provide lifeguards for use in the municipal pools.

Learning objectives

What you will learn as you master the competency:

- a. Discuss and participate in certification.

Performance Standards

Competence will be demonstrated:

- o by successfully completing skills test and written exam

Criteria - Performance will be satisfactory when:

- o learner completes certification and is eligible for hire by municipal pools

3. Give students increased confidence in their ability in the water.

Learning objectives

What you will learn as you master the competency:

- a. Practice and demonstrating skills with confidence.

Performance Standards

Competence will be demonstrated:

- o by successfully completing skills test and written exam

Criteria - Performance will be satisfactory when:

- o learner practices and demonstrates skills with confidence

4. Help participants become fully familiar with potential hazards of water activity.

Learning objectives

What you will learn as you master the competency:

- a. Explain potential water hazards to class and instructor.

Performance Standards

Competence will be demonstrated:

- o by successfully completing skills test and written exam

Criteria - Performance will be satisfactory when:

- o learner explains potential water hazards to class and instructor

5. Prepare participants to become familiar with potential hazards of water activity and how to handle hazards that occur.

Learning objectives

What you will learn as you master the competency:

- a. Explain potential water hazards.

Performance Standards

Competence will be demonstrated:

- o by successfully completing skills test and written exam

Criteria - Performance will be satisfactory when:

- o learner explains potential water hazards and demonstrates how to handle hazards in a mock situation

6. Prepare student to prevent water emergencies.

Learning objectives

What you will learn as you master the competency:

- a. Explain how to respond effectively to water emergencies.

Performance Standards

Competence will be demonstrated:

- o by successfully completing skills test and written exam

Criteria – Performance will be satisfactory when:

- o learner demonstrates how to respond effectively to water emergencies

7. Respond effectively to emergencies.

Learning objectives

What you will learn as you master the competency:

- a. Explain and practice effective skills in water emergencies.

Performance Standards

Competence will be demonstrated:

- o by successfully completing skills test and written exam

Criteria – Performance will be satisfactory when:

- o learner demonstrates how to respond in a mock demonstration of a water emergency

Types of Instruction

Classroom Presentation

On Campus Laboratory and Clinical

Grading Information

Grading Rationale

50% Tests and quizzes

35% Skills Test

10% Post-test Weight

5% Attendance

Grading Scale

A	90%-100%
B	80%-89%
C	70%-79%
D	60%-69%
F	Below 60%