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
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%