LIFEGUARDING, CPR & FIRST AID
PHED 2560

Class Hours: 3.0
Credit Hours: 2.0
Laboratory Hours: 0.0
Date Revised: Summer 01

Catalog Course Description:

Provides students with the necessary skills to acquire American Red Cross cardiopulmonary resuscitation (CPR), first aid, and lifeguarding certifications.

Entry Level Standards:

None

Prerequisites:

Swimming, treading water, surface diving

Textbook(s) and Other Reference Materials Basic to the Course:

Textbooks:
- Life Guarding Manual, American Red Cross # 329452
- Community First Aid, American Red Cross # 652030

Personal Equipment:
- Required Equipment - Swimming Suit, Mask, Snorkels, Fins
- Optional equipment - Footwear, Goggles, and Swim Cap

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction/ History and Philosophy of Lifeguarding/ Characteristics, Knowledge, Personal skills and responsibilities of Lifeguards pp. 1 -10/ Benefits and requirements of the course/ Skills screening and evaluation of ability.</td>
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<tr>
<td>2</td>
<td>Introduction to Standard First Aid/ Responding to an emergency and preparing an emergency plan/ checking and Unconscious victim/ checking the conscious victim/ breathing emergencies/ Helping a conscious choking victim/ rescue breathing (pp. ix-50 First Aid Text).</td>
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<tr>
<td>3</td>
<td>Helping unconscious choking victims/ recognizing a heart attack/ adult CPR/ Preventing cardiovascular disease/ Exam - Adult CPR (pp. 51-75 First Aid Text).</td>
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<tr>
<td>4</td>
<td>Injuries/ Wounds/ Shock/ Burns/ Injuries to muscles, bones, and joints/ Sudden Illnesses/ Exam-First Aid.</td>
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</table>
Preventive Life guarding/ Victim Recognition/ Skills practice (reaching, extension, throwing)/ Condition swim/ Selection and Training/ Types of Emergencies.

Skill practice (entries approaches, ready position, moving victim to safety, surface diving, underwater swimming, underwater search, removing victim from water)/ Conditioning swim.

Communication systems/ Rescue equipment/ Skill Practice (using rescue equipment)/ Conditioning swim.

Skill practice (using rescue equipment)/ Health, sanitation and safety operations/ Swimming pool maintenance/ Emergency action plans/ Special assignment/ Conditioning swim.

Skill practice (approaches, swimming assist, tows and carries)/ Special situations/ Conditioning swim.

Skill practice (defense, escapes, multiple victims near drowning maneuvers)/ Records and reports/ Personnel, safety, and life guarding equipment/ Conditioning swim.

Skill practice (rescue breathing without flotation equipment, rescue breathing with flotation equipment)/ Conditioning swim.

Spinal injuries management/ Skills practice (spinal injury in shallow water, spinal injury in deep water)/ Conditioning swim.

Skill Practice (deep and shallow water spinal injury)/ Search and recovery/ weather and environmental conditions/ Waterfront areas/ Skills practice (mask, fins, and snorkel)/ Conditioning swim.

Skills practice (entering water wearing snorkeling equipment, swimming wearing snorkeling equipment)/ Search and recovery operations, rescue of a scuba diver/ Conditioning Swim/ conditioning swim/ Review.

Written exam/ Final skills test Part 1 and 2.

Skill test receive certification.

II. Course Objectives:

A. Employing correct CPR, First Aid, and Life Guarding technique. II.2
B. Demonstrate knowledge of water safety. I.5
C. Demonstrate knowledge of CPR, First Aid and Life Guarding terminology. I.5
D. Swim employing proper stroke technique. II.2
E. Demonstrate knowledge of First Aid, CPR, and Life Guarding history. II.2
F. Evaluate and correct errors in water rescue form and execution. III.2
G. Demonstrate knowledge of water safety equipment and facilities. I.5
H. Demonstrate knowledge of water rescue strategies. II.2, III.2
I. Demonstrate knowledge of CPR technique. II.2
III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to CRP, First Aid, and Life Guarding. Communication Outcome, Information Literacy Outcome, Active Learning Strategy

2. Read then demonstrate knowledge of water safety technique, rules and other relevant factual information. Communication Outcome, Information Literacy Outcome

3. Analyze, evaluate, and modify technique to improve swimming and rescue performance. Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy

4. Develop safety strategies. Problem Solving and Decision Making Outcome

5. Appreciate the intrinsic value of land and water safety and rescue as a life-long recreational activity. Transitional Strategy, Personal Development Outcome

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*:

Upon successful completion of this course, the student should be able to:

1. Demonstrate knowledge necessary to obtain Red Cross CPR Certification. A, B, E, I

2. Demonstrate knowledge necessary to obtain Red Cross First Aid Certification. A, C, E

3. Develop the cognitive knowledge necessary to obtain Red Cross Life Guarding Certification. B, C, D, E, G, H

4. Develop the swimming skills and endurance necessary to obtain Red Cross Life Guarding Certification. D

5. Develop the life guarding skills and techniques necessary to obtain Red Cross Life Guarding Certification. F, H

6. Recognize the common hazards associated with various types of aquatic facilities, and develop the knowledge and skills necessary to eliminate or minimize such hazards. H

7. Demonstrate knowledge of the characteristics, personal skills, and responsibilities of a lifeguard. A

8. Recognize when a person is in a distress or drowning situation. H

9. Understand the lifeguard-employer, and lifeguard-facility user relationships. G, H

10. Provide explanations, demonstrations, practice, and review of the rescue skills essential of lifeguards. D, H

11. Establish an awareness of the responsibilities of a lifeguard and instill an enthusiasm for
carrying them out. A, D, H

12. Develop participants' speed, endurance, swimming technique and life guarding skills. D

13. Explain how the EMS system works and what signals and situations require a person to call for an ambulance. A, C

14. Identify the signals of breathing emergencies, including choking, and demonstrate how to provide care. A, C, I

15. Identify the major risk factors for cardiovascular disease and for injury, and describe how to control them. A, I

16. Identify the signals of a possible heart attack and describe how to provide care. A, B, I

17. Identify the signals of cardiac arrest and demonstrate how to provide care. A, B

18. Identify life-threatening bleeding, and demonstrate how bleeding can be controlled. A, B

19. Identify the signals of various injuries and demonstrate how to care for them. A, B

20. Identify the signals of sudden illness, (poisoning, seizure, heat emergencies, and cold emergencies) and describe how to care for them. A, B

21. Describe when and how to move a person in an emergency situation. A, B

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 100% of grade

Students are evaluated on the following written examinations and skills test:

Skill Test:
--CPR Skill Test 10 points
--First Aid Skill Test 20 points
--Life guarding Skill Test 30 points

Written Examinations:
--CPR 10 points
--First Aid Skill Test 10 points
--Life guarding 20 points
Total points 100 points

B. Laboratory Expectations:

N/A

C. Field Work:

N/A

D. Other Evaluation Methods:

Students can receive up to five extra credit points for pre-approved written assignments.

E. Grading Scale:
VI. Policies:

A. Attendance Policy:

Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

B. Other Policies:

Make-up policy:
1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

Injury Policy:
Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.