

# **MONTGOMERY COLLEGE**

Health Enhancement, Exercise Science, and Physical Education  
Rockville Campus

PHED 125 Lifeguarding

## **COURSE SYLLABUS**

### **Course Information**

Credit Hours: 1  
Meeting Times:

Location: PE Swimming Pool  
Addt. Costs: \$35 to the ARC for  
program support fee

Prerequisites: Be 15 years old or older  
Swimming proficiency  
Assessment level: AELR 930/READ 099

### **Instructor Information**

### **Course Description**

This course is designed to provide lifeguard candidates and lifeguards with the skills and knowledge necessary to keep the patrons of aquatic facilities safe in and around the water.

### **Course Objectives**

1. The student will become aware of and recognize the common hazards associated with various types of aquatic facilities and develop the knowledge and skills to eliminate or minimize such hazards.
2. The student will learn to recognize whether an individual is a distressed swimmer or an active or a passive drowning victim.
3. The student will understand the responsibilities of lifeguards following an incident and the procedures to cope with reactions to stress.
4. The student will be able to explain, demonstrate, practice, and review the rescue skills essential for lifeguards.
5. The student will become proficient in rescue breathing, one- and two-rescuer CPR, the use of the bag-valve-mask (BVM), the use of the resuscitation mask, and the use of an automated external defibrillator (AED).
6. The student will become familiar with how to recognize and care for victims of a variety of injuries and sudden illnesses.
7. The student will become familiar with the common causes of aquatic spinal injuries, the signs and symptoms of possible spinal injuries, and how to provide care for victims with spinal injuries.

8. The student will be able to recognize modes of disease transmission and how to prevent the spread of such pathogens.

### **Required Texts**

The American Red Cross (2017). *Lifeguarding Manual*. Online edition.

### **Equipment/Attire**

Required: Swimming suit and towel; Resuscitation (Pocket) Mask

Optional: Goggles and swim cap

### **Course Requirements/Policies**

Attendance/Participation: The student is expected to attend and participate in all class sessions. Any accumulation of two absences may result in failure of the course. The student is expected to be on time to class. Three "lates" equal one absence.

Extra Credit: The student may receive extra credit by participating in at least a thirty minute session of open swim. This is not considered a make-up for non-attendance.

Certification Requirements: All class sessions are MANDATORY for certification. All critical skills and scenarios required by the American Red Cross must be completed by the conclusion of the course. A score of 80 percent or better on each of the two sections of the written exam is required.

### **Grading\***

Attendance/Participation	200 points
Skills Tests	80 points
Scenarios	70 points
Written Exams	150 points
Total**	500 points

*\*To earn a B or better, the student must earn certification. Any student not qualified for certification can earn a maximum of a C in the course.*

*\*\*A=450-500; B=400-449; C=350-399; D=300-349; F=0-299*

### **Classroom Policies**

#### Academic Dishonesty

All students are expected to achieve their goals with academic honesty. Cheating, plagiarism and/or other forms of academic dishonesty or misconduct, examples of which are to be found in the Student Code of Conduct in the Student Handbook, are not tolerated. Students caught

violating the code of conduct will receive a grade of zero for that assignment/test. The student will receive the grade of "F" for the course if there is a second incident.

### Classroom Conduct

1. All students are expected to conduct themselves according to the standards of behavior discussed in the Student Handbook or at the main college website. I reserve the right to eject any student who is rude or disruptive.
2. Students need to be on time and prepared for class. It is very disruptive for students to arrive late or leave during class. You are expected to remain in class the entire time. If you are frequently late, I reserve the right to drop you from this class for lack of attendance.
3. Beepers, alarms and phones are disturbing to me and to others, please silence them and put them away when you enter the class.
4. Food and drink are not permitted in the classroom. Water is acceptable.
5. You are expected to show respect and courtesy to the other students and the professor. See your student handbook for further information. This includes no cursing, loud talking, or interrupting.

### Support Services

A student who may need an accommodation due to a disability should make any appointment to see me during my office hours. A letter from Disability Support Services (DSS) authorizing your accommodations will be needed. The DSS office is located in CAB 122 and may be reached by phone at 240-567-5058.

### Student e-mail

Student e-mail using the montgomerycollege.edu server is an official means of communication for the College; check it frequently for general College announcements. For this class, however, e-mail will only be used in emergency situations.

### **Course Schedule**

See attached course outline.

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PHED 125 Lifeguarding

## COURSE OUTLINE

<u>LESSON</u>	<u>TOPIC/ACTIVITY</u>
1	Introduction/Course Overview and Objectives Handouts: Syllabus, Outline
2	Skills Screening/Precourse Session
3	Lecture: The Professional Lifeguard (Ch. 1)/ Facility Safety (Ch. 2)
4	Lecture: Surveillance and Recognition (Ch. 3)/Injury Prevention (Ch.4)/ Emergency Action Plans (Ch. 5)
5	Skills: Victim Recognition and Surveillance
6	Skills: Water Rescue Skills (Ch. 6)
7	Skills: Water Rescue Skills (Ch. 6), continued
8	Lecture/Skills: Before Providing Care and Victim Assessment (Ch. 7)
9	Lecture/Skills: Breathing Emergencies (Ch.8)
10	Lecture/Skills: Cardiac Emergencies (Ch. 9)
11	Lecture/Skills: Cardiac Emergencies (Ch. 9), continued
12	Lecture/Skills: Cardiac Emergencies (Ch. 9), continued
13	Lecture/Skills: First Aid (Ch. 10)
14	Lecture/Skills: First Aid (Ch. 10), continued
15	Lecture: Caring for Head, Neck, and Spine Injuries/Shallow (Ch. 11)
16	Skills: Caring for Head, Neck, and Spine Injuries/Shallow (Ch. 11)
17	Skills: Caring for Head, Neck, and Spine Injuries/Deep Water (Ch. 11)
18	Skills: Caring for Head, Neck, and Spine Injuries/Deep Water (Ch. 11)
19	Review for Final Written Examination and Final Skills Scenarios
20	Final Written Exams/Scenarios