

RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE

EXSC 148 - Lifeguarding

I. Basic Course Information

A. Course Number and Title: EXSC 148 - Lifeguarding

B. New or Modified Course: **MODIFIED**

C. Date of Proposal: Semester: **FALL** Year: **2024**

D. Effective Term: Fall 2025

E. Sponsoring Department: **Health Science Education**

F. Semester Credit Hours: **3**

G. Weekly Contact Hours: **4** Lecture: 2
Laboratory: 2
Out of class student work per week: 5

H. ☒ Prerequisite (s):

Entry into the American Red Cross Lifeguarding course is strictly limited to those who meet the minimum age requirement of 15 years, and have successfully completed the prerequisite skills evaluation. Failure to have attained the appropriate skill level could pose a safety threat to themselves and others in the class. Prerequisite skills evaluation includes: Treading Water for 2 minutes; 300-yard swim (12 laps in Olympic size pool); 10 Block 25-yard swim; 20-yard underwater swim.

☐ Corequisite (s):

I. Additional Fees: None

II. Catalog Description

Prerequisite: Entry into the American Red Cross Lifeguarding course is strictly limited to those who meet the minimum age requirement of 15 years, and have successfully completed the prerequisite skills evaluation. Failure to have attained the appropriate skill level could pose a safety threat to themselves and others in the class. Prerequisite skills

evaluation includes: Treading Water for 2 minutes; 300-yard swim (12 laps in Olympic size pool); 10 Block 25-yard swim; 20-yard underwater swim.

The American Red Cross Lifeguarding This American Red Cross Lifeguarding course will provide entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This course provides students with national and international American Red Cross Lifeguard Certification which is required for employment as a lifeguard.

III. Statement of Course Need

- A. This course is part of the American Red Cross Lifeguarding Program and is designed to provide students with the skills and knowledge needed to prevent and respond to aquatic emergencies. Student who complete the course will have the credentials required for employment as a lifeguard. Upon completion of this course, student will receive and American Red Cross Lifeguard Certification which includes skills in CPR for the Professional Rescuer, AED, and First Aid.
- B. The lab in this course gives the students practical experience in and out of the pool practicing saving techniques, first aid, CPR and the use of an AED.
- C. Please describe the transferability of this course.
 - 1. This course generally transfers as an Exercise Science program elective.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course meets a program requirement for the Associate Degree in Exercise Science, and the Fitness Specialist Certificate program.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. Pre-course
 - 1. Prerequisite Water Skills Evaluation: Entry into the American Red Cross Lifeguarding course is strictly limited to those who meet the minimum age of 15 years requirement and have successfully completed the prerequisite skills evaluation. Failure to have attained the appropriate skill level could pose a safety threat to themselves and to others in the class. If a candidate is not successful on the first attempt at the prerequisite

skills, they only have one more opportunity to meet the prerequisites after sufficient rest, prior to the first scheduled class session.

- a. Swim 300 yards (12 laps) continuously demonstrating breath control and rhythmic breathing. Candidates may swim using front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
- b. Tread water 2 minutes using only legs. Candidates place their hands under the armpits.
- c. Complete a timed event within 1 minute, 40 seconds. • Starting in the water, swim 20 yards
 - surface dive, feet first or head first, to a depth of 7-10 feet or the deepest part of the pool, to retrieve a 10lb object
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps

B. During Course

2. The Professional Lifeguard and Facility Safety
3. Facility Safety, Patron Surveillance and Injury Prevention
4. Injury Prevention and Rescue Skills
5. Rescue Skills in the Water
6. Before Providing Care, Victim Assessment and Breathing Emergencies
7. Cardiac Emergencies and Using an Automated External Defibrillator
8. First Aid Skills
9. Head, Neck and Spinal Injuries in the Water
10. Administration of Oxygen, Epi Pin and Asthmatic Inhaler

VI. A. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Demonstrate the ability to problem solve and make critical decisions in an emergency situation on both land and in the water. *
2. Communicate with instructor and classmates in a clear, logical manner the steps taken in specific emergency situations. (GE-1)
3. Demonstrate the ability to recognize emergencies, respond quickly, efficiently and effectively. *
4. Demonstrate the necessary skills to pass the ARC CPR & AED for the Professional Rescuer, First Aid, Oxygen Administration, Epi Pin Injection, Asthmatic Inhaler and Lifeguarding exams, both written and oral. (GE- 1)
5. Demonstrate the rescue techniques to prevent drowning and water related incidents, including the physical skills needed to pass the professional lifeguard exam.
6. Establish and enforce state facility policies, procedures and rules for safety and explain them in writing and orally. (GE-1)

*embedded critical thinking

B. Assessment Instruments

1. Written Exams
2. Skills Assessment
3. Case Studies
4. Analyzing Skill Scenarios

VII. Grade Determinants

- A. Written Exams
- B. Skills Tests
- C. Meet American Red Cross Certification Criteria
- D. Class Participation Given the goals and outcomes described above,

LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. simulation/role playing
- D. student collaboration
- E. practice in pool
- F. demonstrations of skills

VIII. Texts and Materials

A. **A. AMERICAN RED CROSS LIFEGUARDING MANUAL ITEM # 755740, ISBN 979-8-9851666-5-1, REVISED 2024**

B. **B. SEAL RITE MASK KIT: FROM THE LIFEGUARD STORE**

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Pool
- B. RVCC Mannequins'
- C. AED Simulators

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A