

**RARITAN VALLEY COMMUNITY COLLEGE  
ACADEMIC COURSE OUTLINE**

**FITN 148 Lifeguarding**

**I. Basic Course Information**

A. Course Number and Title: FITN 148 Lifeguarding

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2018

**D. Effective Term: Fall 2019**

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 3

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

H. Prerequisites

Entry into the American Red Cross Lifeguarding course is strictly limited to those who meet the minimum age 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.

I. Laboratory Fees: Yes

J. Name and Telephone Number or E-Mail Address of Department Chair and Divisional Dean at time of approval:

Beryl Stetson, [Beryl.Stetson@raritanval.edu](mailto:Beryl.Stetson@raritanval.edu) (908) 526-1200 x8208.

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**II. Catalog Description**

**Prerequisites**

Entry into the American Red Cross Lifeguarding course is strictly limited to those who meet the minimum age 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.

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. A lab fee is charged to cover the costs of the American Red Cross certification cards.

### **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. Students who complete the course will have the credentials required for employment as a lifeguard. Upon completion of this course, students will receive an American Red Cross Lifeguard Certification which includes skills in CPR, 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 use of the 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 Associate Degree in Exercise Science and the Fitness Specialist Certificate of Completion.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://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 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 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

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 Pen and Asthmatic Inhaler

## **VI. General Education and Course Learning Outcomes**

### **A. General Education 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. (GE-NJ1)\*
2. Communicate with instructor and classmates in a clear, logical manner the steps taken in specific emergency situations. (GE-NJ1)

\*embedded critical thinking

### **B. Course Learning Outcomes:**

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

1. Explain lifeguarding surveillance and rescue techniques in case of drowning or water related accidents.
2. Demonstrate the ability to respond quickly and effectively to emergencies.

3. Demonstrate techniques that will prevent drowning and other water related incidents.
4. Perform physical skills needed to become a professional lifeguard.
5. Establish and enforce state facility policies, procedure and rules for safety.
6. Demonstrate CPR skills for infants, children and adults.
7. Demonstrate effective use of an AED on all populations.
8. Demonstrate and describe first aid four injuries, sudden illness, musculoskeletal injuries, severe bleeding, burns, poisons, allergic reactions and falls.
9. Demonstrate and explain administration of oxygen, administration of an Epi Pin and use of an asthmatic inhaler.

### **C. Assessment Instruments**

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

## **VII. Grade Determinants**

- A. Written Exam
- B. Skills Test
- C. Meet 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 the pool
- F. demonstrations

## **VIII. Texts and Materials**

- A. American Red Cross Lifeguarding Manual Item #755735 Revised 2017
- B. Seal Rite Mask Kit: SKU: 120 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. Mannequins'
- C. AED Simulators
- D. ARC videos

## **X. Honors Option: n/a**