

WELL 1403A LIFEGUARD TRAINING  
Augusta State University

011006

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Course Objectives:

1. Train students to be capable of performing all skills and duties of a lifeguard as specified by the American Red Cross.
2. Maintain and improve the physical fitness of students through aquatic workouts.
3. Instill the knowledge required to maintain a safe aquatic environment.
4. Learn the skills required for CPR for the Professional Rescuer and Standard First Aid.

Text: *Lifeguard Training*, (2001). American Red Cross

Grading:

**Class participation: 30%** 3 absences allowed without penalty. 4 point penalty for each additional class missed regardless of reason. NO EXCUSED ABSENCES. (Please communicate with instructor immediately if unusual circumstances arise.). EXCESSIVE ABSENCES (5) MAY CAUSE STUDENT TO FORFEIT CHANCE FOR AMERICAN RED CROSS CERTIFICATION.

**Knowledge: 30%**, Final = 30 points.

**Skills Testing: 30%**, The following skills tests will be scored: 12-minute swim, spinal injury management, treading with 10 pound brick, CPRO practical skills, water rescues.

**Instructor Evaluation: 10%**, A subjective evaluation of student's effort, participation, work habits, and support of other class members.

Equipment/Clothing: Dress for vigorous physical activity at each class session unless instructor indicates otherwise. **BRING TEXTBOOK TO EACH CLASSROOM MEETING.**

Materials fee: \$25.00. Book Fee: \$25.00. Each student is required to pay a materials fee and book fee to the American Red Cross. **Due on or before 1/23/06. Give check to instructor or pay at American Red Cross office.**

Note: Class activities include vigorous exercise. If there is any medical condition that would put a student at undue risk during exercise, the student must inform the instructor upon knowledge of such condition.