

**Department of Kinesiology
University of Georgia**

**PEDB 1320 – Lifeguard Training
Course Syllabus**

Course Information

Lifeguard Training
PEDB 1320
Fall 2007 – 1 credit
Tuesday & Thursday 10:10AM – 11:00AM
Ramsey 119

Instructor Information

Caroline Schik
Email: cmschik@uga.edu
Office Hours: Monday and Thursday 7:30am-8:30am or by appointment
Office Location: Ramsey Center 102A

Christine Scollay
Email: cscollay@uga.edu
Office Hours: before and after class each day
Office Location: 152 Ramsey Center (located on the pool deck)

Student Objectives:

To obtain certifications in lifeguarding and first aid, and CPR/AED for the Professional Rescuer.

Prerequisites:

Two prerequisite swimming skills will be done to test your proficiency in swimming as well as your comfort level in the water. Both must be passed in order to take and pass the class.

1. 300 yard continuous swim: 12 lengths of the pool
 - a. 100 freestyle – using rhythmic breathing and a stabilizing kick. Rhythmic breathing requires your face to be in the water and rotation forward or straight up at regular intervals for breathing. A stabilizing kick is one that enables you to propel forward.
 - b. 100 breaststroke – proper technique is required, with a repetitive swimming pattern that demonstrates the pull, breathe, kick and glide phases of the stroke.
 - c. 100 freestyle/breaststroke
2. Timed assessment which is done to determine whether you have the necessary speed and strength to complete the requirements of the course.
 - a. Starting in the water, the student will swim 20 yards using freestyle or breaststroke, perform a surface dive to retrieve a 10 pound brick. The student will then swim 20 yards back to the starting point with both hands holding onto the brick.

- b. The student must complete the assessment and exit the water in a maximum of 1 minute and 40 seconds.
- c. No goggles are permitted for this skill.

Class Policies and Procedures:

1. Abide by all rules and regulations of the University and pool facilities.
2. Sign-in each class period to indicate attendance.
3. The instructor needs to maintain visual contact with all students while in the water. Please inform the instructor if you need to leave the pool area for any reason.
4. Actions or behaviors which have potential to inflict harm upon a student or others around him or her will result in being asked to leave the pool area and loss of participation points for the day.
5. Students desiring to withdraw from this class must do so by midterm (Oct. 9).
6. Come to each class prepared to swim. Swim suits are required and should be on at the beginning of class. Goggles are not permitted during class, except during the 300 yard timed swim at the beginning of the semester. Please do not wear your contact lenses at risk of losing them during water rescues and procedures. Please also have a towel because we may be getting in and out of the water.
7. I encourage you to read the policy on academic honesty in the College Catalog. All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work.
8. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Attendance:

Regular attendance and class participation are required and are important factors in your final grade. Ten points are deducted for each absence. More than four absences will result in a grade of unsatisfactory. Absences due to illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance. Students who bring an official written excuse will be able to make up missed work according to the instructor's discretion. I will have an attendance log for each student to sign. If the log is not signed by the student with the last 4 digits of their 810 number, then they are considered absent. Any student caught falsifying a signature will automatically have 30 points deducted from their total number of points.

Any combination of two tardies or instances of leaving class early will be considered an absence. Tardiness by more than 10 minutes will be automatically considered an absence. If you are aware of circumstances or conflicts that will require you to be late or leave early, please discuss them with the instructor.

Textbooks (Both are required):

Hoeger, W.W. and S.A. Hoeger. (2005). Fitness and Wellness. 6th Edition.
Thomson/Waldsworth, Belmont, CA.

Lifeguarding Participant Manual, CPR Pocket Mask, First Aid Training Kit, & Certification Fee can be purchased from the American Red Cross after August 16th for \$60. The Red Cross office is located at 490 Pulaski Street, just off of Prince Avenue.

Course Evaluation:

All PEDB courses at UGA are graded as “S” (Satisfactory) or “U” (Unsatisfactory). A combined score of 60 is required to receive a grade of satisfactory. The following criteria will be used to evaluate and grade the student’s performance in this class. In order to pass PEDB 1320, each student must: attend all class sessions, successfully complete prerequisite requirements, demonstrate all skills taught in class, successfully complete final skills scenarios, and pass all components of the written exam with 80% or better.

<u>ASSESSMENT</u>	<u>POINTS</u>
Attendance	40 points
WebCT Knowledge Component Assignment	40 points
Class assessments/assignments	20 points

Refer to the course content page on the WebCT program for a description of the knowledge component assignments.

ALL QUIZZES MUST BE COMPLETED BY TUESDAY, NOVEMBER 20, 2007

DUE DATES FOR ASSIGNMENTS:

Assignment #1	Tuesday, August 28
Assignment #2	Tuesday, September 4
Assignment #3	Tuesday, September 11
Assignment #4 and notebook	Tuesday, September 25
Assignment #5	Tuesday, October 9
Assignment #6	Tuesday, October 23
Assignment #7	Tuesday, November 6
Assignment #8 and notebook	Wednesday, November 20

Topic Outline for WebCT Course Work:

Week 1	Introduction to the Course	
Week 2-3	The Importance of Fitness and Wellness	Chapter 1
Week 3-4	Assessment of Physical Fitness	Chapter 2
Week 4-5	Exercise Prescription	Chapter 3
Week 5-6	Evaluating Fitness Activities	Chapter 4
Week 6-7	Nutrition for Wellness	Chapter 5
Week 7-8	Weight Management	Chapter 6
Week 8-9	Stress Management and Assessment	Chapter 7
Week 10-11	Healthy Lifestyle Approach	Chapter 8
Week 11-12	Closure to course	