SYLLABUS

DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Advanced Swimming and Lifesaving

COURSE NUMBER: EXSC0134

CREDIT HOURS: 1

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITE(S): Completion of EXSC0132, Beginning Swimming, and EXSC 0133, Intermediate Swimming, or Current Red Cross Beginning and Intermediate Swimming Certification

REQUIRED TEXT AND MATERIALS:
Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTIONS:

This course is designed for students to improve all the basic swimming strokes, turns and dives. In addition, students how to guard, anticipating and preventing problems before they occur, and taking action to help those in danger when necessary.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.
COURSE OUTLINE:

I. Aquatic Safety and Survival Skills
   A. Staying Afloat
   B. Strokes for Survival Situations
   C. Surface Dives
   D. Submerge Defense
   E. Off-Duty Rescues
   F. Emergency Situations

II. Lifeguarding Procedures
    A. Responsibilities
    B. Decision Making
    C. How to Guard
    D. Common Rules for High Risk Location

III. Victim Recognition & Drowning
     A. Types of Victims
     B. Signs of Trouble
     C. Stages of Drowning
     D. Types of Drowning

IV. Rescue Skills
    A. Rescue Equipment
    B. Nonswimming Assists
    C. Water Entries
    D. Approaches
    E. Rescue Using Equipment
    F. Multiple Victim Rescues
    G. Rescue Towing
    H. Water Exit

V. Emergency Systems
   A. Types of Emergencies
   B. Emergency Policies
   C. Emergency Plans
   D. Accident and Incident Reports

VI. First Aid in Aquatic Environment
    A. Medical Alert Tags
    B. Heart Attacks
    C. Severe Bleeding
    D. Hyperthermia & Hypothermia
    E. Allergic Reactions
    F. Asthma
    G. Epileptic Seizures
H. Hyperventilation

VII. Spinal Injury Management
   A. Recognizing Spinal Injuries
   B. Rescue Technique
   C. Backboarding Procedures

VIII. Legal Obligations
   A. Legal Process
   B. Aquatic Liability
   C. Liability Defense

EXPECTED LEARNER OUTCOMES:

A. The student will be able to identify and discuss basic aquatic safety and survival skills.
B. The student will be able to identify lifeguarding responsibilities.
C. The student will be able to identify types of aquatic victims.
D. The student will be able to identify stages & types of drowning.
E. The student will be able to demonstrate rescue skills.
F. The student will be able to identify and discuss various emergency systems.
G. The student will be able to identify and discuss legal obligation of lifeguarding.

COURSE COMPETENCIES:

*The student will be able to identify and discuss basic aquatic safety and survival skills.*
1. The student will be able to identify and discuss 10 basic aquatic safety issues.
2. The student will be able to demonstrate staying afloat, strokes for survival, surface dives, submerge defenses and off-duty rescues.

*The student will be able to identify lifeguarding responsibilities*
3. The student will be able to identify basic lifeguarding responsibilities and duties.
4. The student will be able to demonstrate decision making lifeguarding procedures.

*The student will be able to identify types of aquatic victims.*
5. The student will be able to identify 8 types of aquatic victims.

*The student will be able to identify stages & types of drowning.*
6. The student will identify the 3 categories of signs of trouble for aquatic victims.
7. The student will be able to identify the 4 stages of drowning.
8. The student will be able to identify the 4 types of drowning.

*The student will be able to demonstrate rescue skills.*
9. The student will be able to identify the basic rescue equipment.
10. The student will be able to demonstrate nonswimming assists rescue techniques.
The student will be able to identify and discuss various emergency systems
11. The student will be able to demonstrate the water entries such as compact jump, stride jump, shallow dive entry, waterless entry and surf entry.
12. The student will be able to demonstrate the approach strokes and quick reverse.
13. The student will be able to demonstrate a front active, rear active, front passive, rear passive and submerged victim approach.
14. The student will be able to demonstrate various multiple victim rescue techniques.
15. The student will be able to demonstrate the rescue stroke and armpit tows.
16. The student will be able to demonstrate the supporting assist, one person drag, one person lift water exit techniques.
17. The student will be able to identify types of emergencies, emergency policies and plans.
18. The student will be able to identify and list characteristics for 10 various medical conditions.
19. The student will be able to demonstrate proper rescue procedures for spinal injury victim.

The student will be able to identify and discuss legal obligation of lifeguarding.
20. The student will be able to identify and discuss the legal obligation regarding lifeguarding.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to exams, written assignments, and class participation.

NOTE:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

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