

Common Course Outline

PEAQ 114

Lifeguarding Instructor (LG1)

The Community College of Baltimore County

Description

Lifeguarding Instructor (LG1)

Trains and educates lifeguard instructors. An advanced course for skilled swimmers. Satisfactory completion qualifies students for the American Red Cross (ARC) Lifeguard Instructor's certificate.

Prerequisite: ARC Adult, child and Infant CPR certification. Ability to complete a 500 yard swim, surface dive and retrieve a 10 pound object, tread water for 2 minutes using legs only, valid ARC lifeguarding certificate and be 17 years of age by the completion of the course.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. demonstrate American Red Cross (ARC) sanctioned lifeguarding skills.
2. demonstrate ARC sanctioned Cardiopulmonary Resuscitation (CPR) skills for an adult, child and infant victims.
3. demonstrate ARC First Aid Skills.
4. successfully score 80% or better on ARC approved written CPR and lifeguarding exams.
5. recite and/or list basic pool management concepts.
6. recite and/or list ARC history, procedures, and protocols.
7. analyze the skills according to ARC standards for the successful completion of the lifeguarding, CPR & First Aid certification.
8. understand the various teaching strategies available to assist students in the acquisition of required skills .
9. administer ARC approved lifeguarding and CPR written exams.
10. complete all necessary ARC certification materials.
11. convey to instructor candidates ARC protocols and recertification procedures.

Major Topics

- Teaching Methodologies
- Lifeguarding Concepts
- Lifeguarding Skills
- First Aid Concepts
- First Aid Skills
- CPR Concepts
- CPR Skills
- Pool Management Theory
- ARC protocols

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Written examination
2. Skill proficiency examinations
3. Attendance and class participation is expected

Other Course Information

PEAQ 114 requires the payment of a fee and students still in high school must obtain written permission in order to participate in a college level course. Students must purchase ARC approved textbooks.