

Global Learning Semesters

Course Syllabus

Course: SPSC-404 Life-Guarding

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-404	Life-Guarding	2
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	SPSC-305, SPSC-320
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

Course Description

The purpose of the Lifeguard Training course is to teach students the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare students to recognize emergencies, respond quickly and effectively to emergencies, and prevent drowning and other incidents. The course also teaches other skills that an individual needs if he/she would like to become a professional lifeguard. Academic course work and pool activity is required of all students. May result in Cyprus Red Cross certification.

Prerequisites

SPSC-305, SPSC-320

Topic Areas

1. Prerequisite Swimming Skills Test
2. The Professional Lifeguard and Injury Prevention
3. Emergency Preparation
4. Rescue Skills
5. Before Providing Care and Breathing Emergencies
6. Cardiac Emergencies: First Aid
7. Caring for Head, Neck and Back Injuries in Shallow water
8. Caring for Head, Neck and Back Injuries in Deep water
9. Rescue Skills and Cumulative Review
10. What to do After an Emergency
11. Skill Scenarios

Learning Outcomes

1. Understand the value of behaving in a professional manner.
2. Learn how to recognize specific characteristic behaviours of distressed swimmers and active and passive drowning victims.
3. Recognize an aquatic emergency, and act promptly and appropriately.
4. Perform equipment-based rescue skills and techniques used by professional lifeguards.
5. Recognize and care for a possible spinal injury.
6. Learn how to provide first aid and CPR.

Assessment

Final Skills Test: (60%)
Final Written Exam: (40%)

Readings and Resources

Required Textbooks

1. Life-guarding Today, The Cyprus Red Cross
2. CPR for the Professional Rescuer The Cyprus Red Cross
3. Life-guarding Instructors Manual, The Cyprus Red Cross.