

Syllabus for
HPE 124—Lifeguarding and Fitness
1 Credit hour
Spring 2017

I. COURSE DESCRIPTION

HPE 124 is offered for the student who has an advanced level of swimming. The course places a major emphasis on the Red Cross swimming strokes and lifeguarding techniques. Teaching techniques will consist of lecture, films, discussions, videotape playback, demonstrations, and student participation.

Prerequisites: HPE 001 and 002; or GHPE 503/703. Student must have passed the swim proficiency test.

Lab fee: \$15.00

II. COURSE GOALS

The course is designed to enable the student to do the following:

- A. Learn and appreciate the water and safety precautions that should be taken in an aquatic environment.
- B. Learn and appreciate how water safety and swimming fits into the aerobics program and the benefits of swimming.
- C. Learn how the sport of swimming can contribute to the development of his/her whole personality.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

Upon the successful completion of this course, the student will be able to do the following:

- A. List the common hazards associated with various types of aquatic facilities and develop the knowledge and skills to eliminate or minimize such hazards.
- B. Determine when a person is in a distress or drowning situation and to rescue that person.
- C. Discuss and explain the lifeguard-employer and lifeguard-patron relationships.
- D. Provide explanations, demonstrations, practice, and review of the rescue skills essential for lifeguards.
- E. Demonstrate the responsibilities of a lifeguard and an enthusiasm for carrying them out.
- F. Demonstrate health and safety rules and regulations through oral examinations, written examinations, and practicing these rules while swimming during recreation hours.
- G. Demonstrate ability to practice the skills taught in class by attending recreation swim and utilizing every minute of class time.
- H. React properly to a practical examination, given at the end of the course.

- I. Gain swimming endurance by passing the Swimming Field Test (1100 meters) at the end of the semester.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
Aerobic Activity Log booklet or Fitbit®
- B. Other Materials
None

V. POLICIES AND PROCEDURES

- A. University Policies and Procedures
 1. Attendance at each class or laboratory is mandatory at Oral Roberts University. Excessive absences can reduce a student's grade or deny credit for the course.
 2. Students taking a late exam because of an unauthorized absence are charged a late exam fee.
 3. Students and faculty at Oral Roberts University must adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, electronic, video, multimedia, or computer software. Plagiarism and other forms of cheating involve both lying and stealing and are violations of ORU's Honor Code: "I will not cheat or plagiarize; I will do my own academic work and will not inappropriately collaborate with other students on assignments." Plagiarism is usually defined as copying someone else's ideas, words, or sentence structure and submitting them as one's own. Other forms of academic dishonesty include (but are not limited to) the following:
 - a. Submitting another's work as one's own or colluding with someone else and submitting that work as though it were his or hers;
 - b. Failing to meet group assignment or project requirements while claiming to have done so;
 - c. Failing to cite sources used in a paper;
 - d. Creating results for experiments, observations, interviews, or projects that were not done;
 - e. Receiving or giving unauthorized help on assignments.By submitting an assignment in any form, the student gives permission for the assignment to be checked for plagiarism, either by submitting the work for electronic verification or by other means. Penalties for any of the above infractions may result in disciplinary action including failing the assignment or failing the course or expulsion from the University, as determined by department and University guidelines.
 4. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.
 5. Students are to be in compliance with University, school, and departmental policies regarding the Whole Person Assessment requirements. Students should consult the Whole Person Assessment handbooks for requirements regarding general education and the students' majors.
 - a. The penalty for not submitting electronically or for incorrectly submitting an artifact is a zero for that assignment.

- b. By submitting an assignment, the student gives permission for the assignment to be assessed electronically.

B. Department Policies and Procedures

1. Class Attendance

- a. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences

Based on Days Each Week Class Meets During Semester			Letter Grade Reduced From Final Grade
1/Week	2/Week	3/Week	
1-2	1-4	1-6	0
3	5	7	1
4	6	8	2
5	7	9	3
6	8	10	Fail the Course

- b. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.

2. Field Test Policy

- a. Must be taken every semester in each enrolled activities class.
- b. Must be administered by the student's activities class instructor during the scheduled class time.
- c. Automatic failure for cheating on Field Test or assisting another to cheat.

3. Other Policy

This course may only be taken twice for credit. If taken more than twice, this course will not count toward ORU/HPE activity requirements for graduation.

C. Course Policies and Procedures

1. Evaluations

- a. Grading percentages:

- (1) Health and Fitness (Choose one of the two options below)

(a) **Aerobic Points Option = 50%**

Aerobic Points	5%
(Aerobic points will be handed in every other week using only the ORU Aerobic Activity Log.)	
Body Mass Index (BMI)	5%
Field Test	<u>40%</u>

(or)

(b) **Fitbit® Option = 50%**

Steps	10%
Heart Rate/Active Minutes	15%
BMI	5%
Field Test Participation	5%
Field Test	<u>15%</u>

- | | | |
|-----|--|--------------|
| | Points (each point is worth ½% of the grade) | |
| (2) | Written tests | 37.5% |
| (3) | Skill Test—Level 5 | |
| | American Red Cross Standards | <u>12.5%</u> |
| | | Total 100% |
1. Grading scale:
 - A = 90%
 - B = 80%
 - C = 70%
 - D = 60%
 - F = 59% and below
 2. Whole Person Assessment Requirements
 - None
 3. Candidates
 - Students are considered “candidates” for this course until they successfully pass requirements listed under Course Calendar, Session 2.
 4. Course Attendance Policies
 - a. **It is the student’s responsibility to notify the instructor if he/she has any medical problems which may restrict their physical activity and class attendance/participation.**
 - b. The instructor hereby reserves the right to recommend a student not take the class. **It is designed for skilled swimmers and there will be NO time to teach a student how to swim.**
 5. Course Attire
 - a. Students enrolled in this class must wear appropriate swimwear: modest **one-piece swimsuits for females and modest swimming trunks for males. It is recommended students wear shower shoes with good traction for walking to and from the locker room and swimming pool.**
 - b. Recommended items are goggles and caps.
 6. Course Supply Requirements
 - Students must visit with instructor before purchasing.
 - a. An adult resuscitation mask and infant resuscitation mask
 - (1) Trainer from Amazon
 - (2) WNL and AED Superstore
 Disposable gloves
 Disinfect wipes
 Lungs for Manikins
 Blood Clotting Spray – Was Z medical 0213
 Woundseal with Applicator for QR
 Woundseal Pour pack
 - b. Notebook and pen/pencil
 7. Course Certification
 - a. 2016 Lifeguarding Certification fee was \$35.00 payable to *American Red Cross* and subject to change.
 - b. Certification cards will be ordered during week 13.
 8. D2L
 - Each student must go into D2L record, check and upload any required information during the course of the semester. This is the student’s responsibility.

9. Health and Fitness Standard Charts

a. Aerobic points (average weekly amount for 13 weeks)

Level of Fitness	Points Toward Grade	Weekly Aerobic Points
Excellent	5	50+
Good	4	40-49
Average	3	30-39
Fair	2	20-29
Poor	1	10-19

b. Fitbit® STEPS and HEART RATE points

AVERAGE STEPS/DAY		AVERAGE ACTIVE MINUTES PER WEEK	
<u>STEPS/DAY</u>	POINTS EARNED	HEART RATE (Cardio & Peak)	POINTS EARNED
≥ 10,000	10	≥ 100	10
9,000 - 9,999	9	90 - 99	9
8,000 - 8,999	8	80 – 89	8
7,000 - 7,999	7	70 - 79	7
6,000 - 6,999	6	60 - 69	6
5,000 - 5,999	5	50 - 59	5
4,000 - 4,999	4	40 – 49	4
3,000 - 3,999	3	30 – 39	3
2,000 - 2,999	2	20 – 29	2
1,000 - 1,999	1	1 – 19	1
< 1,000	0	FAT BURN	
		≥ 50	5
		40 - 49	4
		30 - 39	3
		20 - 29	2
		10 - 19	1
		< 10	0

c. Field Test Standards

2-MILE RUN, 5-MILE CYCLE, & 800-METER SWIM FIELD TEST STANDARDS

Level of CR Fitness	Points		Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
			Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	15	40	<13:00	<15:00	<14:00	<16:00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	14	39	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	13	38	13:15	15:15	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15
	12	37	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	11	36	13:45	15:45	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45
	10	35	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	9	34	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15
	8	33	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	7	32	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45
	6	31	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	5	30	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15
	4	29	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	3	28	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45
	2	27	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	1	26	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15
	0	25	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
		24	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45
		23	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
		22	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15
		21	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
		20	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45
		19	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
Poor		18	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15
		17	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
		16	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45
		15	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
		14	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15
		13	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
		12	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45
		11	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
Very Poor		10	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15
		9	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
		8	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45
		7	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00
		6	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15
		5	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30
		4	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45	25:45	27:45
		3	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00	26:00	28:00
		2	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15	26:15	28:15
		1	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30	26:30	28:30
		0	>22:30	>24:30	>23:30	>25:30	>24:30	>26:30	>25:30	>27:30	>26:30	>28:30

2-MILE WALKING FIELD TEST STANDARDS

Level of CR Fitness	Points		Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
			Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	15	40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	14	39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	13	38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	12	37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	11	36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	10	35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	9	34	23:15	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	8	33	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	7	32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	6	31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	5	30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	4	29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	3	28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	2	27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	1	26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	0	25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
		24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
		23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
		22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
		21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
		20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
Poor	19		27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	18		27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
	17		27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
	16		27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
	15		28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	14		28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
	13		28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	12		28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
	11		29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	10		29:15	30:15	30:15	31:15	31:15	32:15	32:45	33:45	34:15	35:15
	9		29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
	8		29:45	30:45	30:45	31:45	31:45	32:45	33:15	34:15	34:45	35:45
	7		30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
	6		30:15	31:15	31:15	32:15	32:15	33:15	33:45	34:45	35:15	36:15
	5		30:30	31:30	31:30	32:30	32:30	33:30	34:00	35:00	35:30	36:30
	4		30:45	31:45	31:45	32:45	32:45	33:45	34:15	35:15	35:45	36:45
	3		31:00	32:00	32:00	33:00	33:00	34:00	34:30	35:30	36:00	37:00
	2		31:15	32:15	32:15	33:15	33:15	34:15	34:45	35:45	36:15	37:15
	1		31:30	32:30	32:30	33:30	33:30	34:30	35:00	36:00	36:30	37:30
	0		>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>36:00	>36:30	>37:30

VI. COURSE CALENDAR

Session	Meeting Site	Topic/Activity
1	Classroom	Information sheets, syllabus, grade sheets, BMI
2	Aerobic Center Pool	<p>Precourse session and prerequisite swimming skills evaluation for Candidates. (55 min)</p> <ul style="list-style-type: none"> Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so candidate is able to get a breath. Students should not swim the distance under water. Exit the water without using a ladder or steps
3	Classroom & Pool	<p>Lesson 1–The Professional Lifeguard and Facility Safety (2 hours, 5 minutes)</p> <p>Lesson 1–Entries and Approaches (10 minutes)</p> <p>Entries and Approaches (50 minutes) Role Playing</p> <p>Lesson 2–Facility Safety, Patron Surveillance and Injury Prevention (1 hour, 35 minutes)</p> <p>Lesson 3–Injury Prevention and Rescue Skills, Part 1</p>
4	Classroom	<p>Guarding for Organized Recreational Swim Groups (20 minutes)</p> <p>Lesson 3–Videos/Emergency Action Plans and Rescue Skills, Part 1 (30 minutes)</p>
5	Pool	<p>Lesson 2 (1hour, 10 minutes)</p> <p>Start Lesson 3 (2 hours)</p>
6	Classroom & Pool	<p>Lesson 4–Rescue Skills, Part 2 (20 minutes)</p> <p>Finish lesson 3 Lesson 4 (1 hour, 15 minutes)</p>
7	Classroom/TBA	<p>Field Test – Running or Speed-Walking</p> <p>Lesson 5–Before Providing Care, Victim, Assessment and Breathing Emergencies</p>
8	Classroom	Lesson 6–Cardiac emergencies and Using an Automated External Defibrillator

Session	Meeting Site	Topic/Activity
9	Classroom & Pool	Review-Lessons 5 & 6 (1 hour, 10 minutes) Lesson 7-First Air (1 hour, 40 minutes) When Things Do Not Go as Practiced, Rescue Skill review (60 minutes)
10	Classroom & Pool	Exam (40 questions) – CPR/AED Professional and Rescuer and First Aid (40 minutes)
11	Classroom & Pool	Lesson 8-Head, Neck, and Spinal Injuries in the water (10 minutes) Start of Lesson 8 (140 minutes)
12	Pool	Lesson 9-Review of pool skills Review Scenarios discussion Scenarios (90 minutes)
13	Classroom	Written Exam (35 questions) Lifeguarding Skills (30 minutes) Order Certification cards
14	Pool	800 meter Swimming Field Test
15	Pool & Classroom	Optional Chin-Head Support Victim on Scuba Pool Maintenance Makeups Each student is responsible for recording, checking and uploading their required D2L information. Verified.

Course Inventory for ORU's Student Learning Outcomes
HPE 124 – Lifeguarding and Fitness
Spring 2017

This course contributes to the ORU student learning outcomes as indicated below:

Significant Contribution – Addresses the outcome directly and includes targeted assessment.

Moderate Contribution – Addresses the outcome directly or indirectly and includes some assessment.

Minimal Contribution – Addresses the outcome indirectly and includes little or no assessment.

No Contribution – Does not address the outcome.

The Student Learning Glossary at <http://ir.oru.edu/doc/glossary.pdf> defines each outcome and each of the proficiencies/capacities.

OUTCOMES & Proficiencies/Capacities		Significant Contribution	Moderate Contribution	Minimal Contribution	No Contribution
1	Outcome #1 – Spiritually Alive Proficiencies/Capacities				
1A	Biblical knowledge				X
1B	Sensitivity to the Holy Spirit				X
1C	Evangelistic capability				X
1D	Ethical behavior			X	
2	Outcome #2 – Intellectually Alert Proficiencies/Capacities				
2A	Critical thinking	X			
2B	Information literacy				X
2C	Global & historical perspectives				X
2D	Aesthetic appreciation				X
2E	Intellectual creativity				X
3	Outcome #3 – Physically Disciplined Proficiencies/Capacities				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle	X			
4	Outcome #4 – Socially Adept Proficiencies/Capacities				
4A	Communication skills			X	
4B	Interpersonal skills			X	
4C	Appreciation of cultural & linguistic differences			X	
4D	Responsible citizenship			X	
4E	Leadership capacity		X		