

Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: FITN 216
Course Title: Lifeguard Training

Year: 2025-2026
Credit Hours: 2

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

Lifeguard Training prepares individuals to assume more effectively the duties and responsibilities of lifeguards. It covers equipment-based rescues, spinal injury management, post-rescue care and many other topics based on up-to-date principles of aquatic safety. First aid and professional rescuer level CPR training are also included. The Waterfront Life Guarding module covers skills and knowledge needed at the waterfront. American Red Cross (or similar) certifications available for an additional fee. Prerequisites: FITN 102 or Red Cross level 5 or 6 skills with permission of the instructor; 15 yrs. of age or older, and successful completion of a pretest; prior completion or concurrent enrollment in ENGL 099 and RDNG 099 if required by placement testing. 2 Cr. (1 Lec., 2 Lab.) Fall and spring semesters.

Course Context/Audience

Students who successfully complete this course will have all the proper training requirements of the New York State Health Department to become a lifeguard in a pool setting or beach front at lake, ponds and rivers. Students must complete the current Lifeguard and Waterfront Skill Module requirements required by a certification organization, such as the American Red Cross, to obtain certification. The course can be used to satisfy the physical fitness component of several majors or as an unrestricted elective. However, only one extra FITN course may be used to satisfy unrestricted elective requirements. To be successful in this course, you must pass and complete a swimming pretest conducted during the first class meeting. The pretest includes a 550 yard swim using the front crawl, breaststroke, or a combination of both without stopping to rest or using a side stroke or back stroke. You must be able to tread water for 2 minutes with your hands under your armpits. You must swim 5 yards, submerge and retrieve three diving rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill. Lastly there is timed event where you have 1 minute and 40 seconds to 1. Start in the water, swim 20 yards. 2. Surface dive 7-10 feet and retrieve and 10 pound object. 3. 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 your face at or near the surface. And 4. Exit the water without the use of a ladder. This pretest is subject to change based on the pretest requirements of the American Red Cross (or similar) Lifeguarding/Waterfront Lifeguard program.

Basic Skills/Entry Level Expectations

Writing:	W1	Student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.
Math:	M0	Course requires very little or no math.
Reading:	R1	Course may be taken concurrently with RDNG 099.

Course Goals

By successfully completing this course, the student will have the skills and certification required to obtain jobs as a professional lifeguard in pools, lakes, ponds, and rivers.

Course Objectives/Topics

Objective/Topic	# Hours
Students will be able to identify the primary and secondary responsibilities of a lifeguard and how to prevent injuries and maintain a safe facility for preventive lifeguarding.	2.5 Hours
Students will be able to demonstrate knowledge of the causes of drowning, proper patron surveillance techniques, and victim recognition.	4.5 Hours
Students will be able to demonstrate their knowledge to respond to emergencies and how to activate an Emergency Action Plan for victims of breathing and cardiac emergencies, bleeding emergencies, temperature related illnesses, sudden illness, shock, burns, immobilizing limbs and head, neck and back injuries while taking the proper precautions for themselves.	11.5 Hours
Students will be able to demonstrate the skills required to perform the appropriate rescues of active drowning victims, passive drowning victims, multiple drowning victims, submerged victims and victims of head, neck and back injuries in the pool or waterfront while maintaining a position of safety for themselves.	11.5 Hours

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
Students will be able to ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others.	
SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences.	

Instructional Methods

A combination of lectures, lab experiences, videos, etc., should be used by the instructor to help students develop the knowledge and skills required of a certified lifeguard.

Methods of Assessment/Evaluation

Method	% Course Grade
Demonstration of Waterfront Skills	6%
Written Test - Lifeguard Training	45%
Performance on Lifeguard Training Scenarios	4%
Demonstration of Lifeguard Training Skills	30%
Written Test - Water front	15%

Text(s)

Lifeguarding Participants' Manual, American Red Cross, Latest Edition, StayWell.

Required:

Bibliography

American Red Cross, Lifeguard Training Instructor's Manual, StayWell Publishing, Boston (© latest edition).

American Red Cross, Water Safety Instructor's Manual, American Red Cross (©latest edition).

American Red Cross, Swimming and Water Safety, Participants Manual (©latest edition).

Other Learning Resources

Audiovisual

American Red Cross Lifeguard Training (Video Set, Latest Edition)

Electronic

No resources specified

Other

American Red Cross lifeguard training equipment: rescue tubes, backboards, etc.

American Red Cross CPR/ First Aid equipment.