

**LIFEGUARD TRAINING  
KNH 1400**

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INSTRUCTOR:	Engelina Keihl	OFFICE HRS:	By appointment only
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**ATTENDANCE COMPETENCY:**

Attendance is defined as active participation in the class.

**COGNITIVE COMPETENCY:**

A written examination will be given in which the student must score 80% or higher in order to pass the course.

**CELL PHONE POLICY:**

Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

**ACCOMMODATION FOR DISABILITIES** Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

**GRADING CRITERIA:**

1. KNH guidelines require at least 80% attendance rate for passing a course. Attendance will be taken each period.
2. KNH guidelines require a written exam and a skills test to be given. This class involves being assessed throughout the entire 7 weeks. The final exam will be taken during the last week of class.
3. Certification (2yr LG/CPR/AED/FA) will not be awarded if swimming pre-test is not successful during WEEK ONE. You may continue in the class, but highly recommend you reregister for 2<sup>nd</sup> 7week session to obtain American Red Cross certification.

**SUMMARY OF REQUIREMENTS:**

Attendance: 80%

Cognitive (written exam): 80%

Technique: 80%

**7 WEEKS AT A GLANCE:**

**WEEK ONE:** Swim test to determine eligibility to receive certification. Tube carries/drag. Water entries. Emergency Action Plan (EAP). **Homework:** view flashdrive and/or go to [www.redcross.org](http://www.redcross.org) and download LG Presentation. Watch Lessons 1-3

**WEEK TWO:** Swim 300 yds. Active/Passive rescues, multiple rescues, releases and escapes.  
**Homework:** Watch Lessons 5-7

**WEEK THREE:** CPR/AED for Professional Rescuer and First Aid. CPR/AED/FA written exam.  
**Homework:** Watch Lesson 4

**WEEK FOUR:** Swim 300 yds. Submerged victims and LG team work.

**WEEK FIVE:** Swim 300 yds. Review of all above skills. **Homework:** Lesson 8

**WEEK SIX: Swim 300 yds. Shallow and Deep Water spinal injuries with backboards**

**WEEK SEVEN: Final Water scenarios and written exam**