

**YORK UNIVERSITY
KINESIOLOGY AND HEALTH SCIENCE
PRACTICUM COURSE**

Course: PKIN 0240: Lifesaving

Term: Fall 2018

Prerequisite: PKIN 0200 or equivalent skill level

Course Instructor: Tamara Wood
tamaraws@yorku.ca Course consultation hours: Tuesdays 10:30-1:00

Time: Tuesdays and Thursdays
Section A 1:30 – 2:30
Please note there are no classes scheduled on October 18th or 23rd

Location: Tait Pool

Course Description:

Through this course an understanding of the lifesaving principles included in the four components of water rescue – judgement, knowledge, skill and fitness will be explored. Students learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Students will develop stroke efficiency and endurance in a timed swim. Students will progress to more advanced water rescues and be introduced to the concepts of safe supervision.

The course will be taught through demonstrations and discussion. This is a practical course and students will be required to actively participate in the pool each session. Through practice, observation and feedback students will develop the required skills. Students will work with the instructor and their peers to increase their stroke and skill level.

Course Learning Objectives:

Students will increase their swimming and rescue skills. They will understand the risks involved in water rescue and how to avoid/minimize them.

The students will be able to

- Demonstrate throwing accuracy in with buoyant aids
- Demonstrate defences and release skills
- Perform an endurance swim of 500m in 15 minutes or 600m in 18 minutes
- Recover and immobilize a suspected spinal injury in shallow water, deep water, vomiting complications and direct bystanders
- Demonstrate the appropriate recognition and care of a victim suffering from the a variety of first aid situations to include heart attack, stroke and shock
- Perform a fitness challenge of 6 x 25m maintaining a consistent pace
- Perform a variety of rescues that will include distressed swimmers, unconscious victims and multiple victims

<u>Evaluation:</u>	Practical Evaluation:	70%
	First Aid Assignment	10%
	Theory Exam:	20%

Practical items break down: 26 marks skills, 20 marks fitness, 6 marks resuscitation, 18 marks rescues

Please Note: All assignments must be completed as assigned and submitted by due date(s). Otherwise penalties will be incurred; ½ letter grade per day late will be applied. All assignments /

exams must be handed in at the start of the class, on the pool deck on the date due.

Students may choose to exercise the Pass/Fail option. It is the student's responsibility to notify the instructor that they wish to exercise the Pass/Fail option.
Practicum courses grading scale is A,B,C, F or Pass/Fail.

Additional Information:

Participation: to receive credit for a practicum course, students must attend and actively participate in a minimum of 80% of the classes for the course. Students who miss **more than** two classes will not pass this course. It is not enough to attend without participation. Students who attend but do not enter the water will not receive full attendance for that class.

Important Course Information for Students:

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) - <http://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012.pdf>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation