

# Mayville State University

## HPER 219 Lifeguard Training

Fall 2025  
1 Credit Hours

### Course and Instructor Information

**Instructor Name:** Kasey T. Young

**Contact Information:**

Office: Campus Center room 106

Email: [kasey.young@mayvillestate.edu](mailto:kasey.young@mayvillestate.edu)

Work phone: 701-787-5246

**Hours of Availability:**

Monday and Wednesday: 9:00 am-10:00 am; 12:00 pm-1:00 pm

Tuesday and Thursday: 9:00 am-11:00 am, 12:00 pm -1:30 pm

Fridays: 9:00 am-11:00 am, 12:00 pm- 1:00 pm

Also available for meetings on other days and times by appointment.

**Instructional Mode:**

**Course Dates:** August 25 – December 19, 2025

**Time Zone:** All times indicated throughout this syllabus reflect Central Time (CT).

**Meeting Times and/or Location:** Tuesdays and Thursdays 1:00 pm-1:50 pm

**Final Exam Time and Location:** Tuesday December 16<sup>th</sup>, 1:00 am-12:00 pm  
(<https://mayvillestate.edu/academics/class-schedules/>)

**Last Day to Add/Drop without a W:** September 3, 2025

**Last Day to Drop with a W:** November 14, 2025

### Course Materials and Technologies

**Required**

1. [MSU Technology Requirements](#)
2. A computer that can operate Microsoft Office, Blackboard, Yuja, and play videos
3. Digital textbook provided through Blackboard

### Use of Artificial Intelligence in this Course

Microsoft Copilot may be used for specific assignments as indicated. Students must receive explicit permission before using AI assistance and must document all interactions. The focus remains on developing fundamental business skills and professional judgment. Unauthorized AI use will be considered a violation of academic integrity.

### Course Description

Designed to teach the knowledge and skills needed to prevent and respond to emergencies in aquatic environments. Students fulfilling the certification requirements will be issued certificates in Lifeguard Training, Standard First Aid, and CPR/AED for the Professional Rescuer.

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**Pre-/Co-requisites:** [HPER 166](#) or equivalent skill level, [HPER 210](#).

## Course Objectives

The course activities, experiences, assignments, and sequence are intended to provide opportunities for class members to accomplish the following:

The student objectives are:

1. Learn how to recognize and respond to aquatic and land emergencies.
2. Demonstrate proficiency in the use of CPR, AED and First Aid techniques
3. Learn to recognize and respond to drowning individuals
4. Identify risk factors to aquatic injuries and drowning

## Standards Alignment (Physical Education Program Approval Standards-ND ESPB):

1. 1.a Describe and apply common content knowledge for teaching preK-12 physical education.
2. 1.b Describe and apply specialized content knowledge for teaching preK-12 physical education.
3. 3.e Analyze motor skills and performance concepts through multiple means (e.g., visual observation, technology) in order to provide specific, congruent feedback to enhance student learning.
4. 5.a Engage in behavior that reflects professional ethics, practice and cultural competence.

## Course Expectations

### Instructor/Student Communication

1. Students are accountable for all academic communications sent to their Mayville State University e-mail address.
2. Students will be expected to check their Mayville State University e-mail account regularly, especially on the day of a class taking place (every day would be preferable).
3. Email is the preferred method of communication, but office visits are always welcome. Students can typically expect an email response within 24 hours during a school week or 48 hours on a weekend.
4. Please use my office hours or appointments for in-person visits and phone calls.

### Assignments and Assessments

1. Each assessment item may consist of multiple choice, true/false, matching questions, labeling, short answer, long answer, and/or essay questions randomly selected from the sections covered. Questions will require applying information given during the lecture, within the text, and from assigned readings or websites. Quiz material will generally be based on information covered since the previous exam, although some information will be cumulative and, therefore, included.
2. Exams will take place during regular class sessions. If an exam is missed, **PRIOR** arrangements **MUST** be made to ensure your chance to take the exam. **NO MAKE-UPS WILL BE PERMITTED WITHOUT APPROPRIATE DOCUMENTATION.** There are no make-up exams for individuals who have a missed exam after the exam has been given (athletic events included).
3. Quizzes will be given periodically outside of class and in class via LMS (Blackboard) prior to beginning new content and at the end of a module. Each quiz will be worth 10 points based on your current chapter readings. Quizzes may NOT be made up if absence is unexcused. Missed quizzes must be made up prior to the next scheduled class unless PRIOR arrangements are made (This includes athletic events).

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Projects/Assignments/Labs are due as assigned. Late assignments are generally NOT accepted past due date and time however, I will take individual circumstances into consideration. Use of Dropbox in LMS for assignments is due at the beginning of class.

## Grading Policies

- **Tests/Quizzes** – All quizzes are closed-book and notes. They will be timed, and there are pre- and post-module quizzes each week. The pre-quizzes must be completed before covering the module content. Post-module quizzes must be completed within one week of covering the content. Quizzes will be given weekly.
- Tests are given on specific days and must be completed during the class period assigned during that particular day/week. Unless otherwise noted, all tests are completed in the classroom, online, and closed-book, closed-notes, and without the use of internet sources or AI-generated answers.
- **Chapter Review Questions** – Check the drop box in Blackboard for specific questions to be completed for each assignment. Completely answer each question assigned and save it on a Word document. When finished, submit the assignment to the designated drop box.
- **Labs**—Labs cannot generally be made up, as they require group work. If a student is missing a lab, the student must arrange a time to complete it. **All missed labs will receive a zero until they are completed.**
- **Assignments**—Grades on assignments and tests are generally posted right after completion in Blackboard. However, some assignments, such as labs, may take additional time but will be available for review online within two weeks of completion.

## Attendance/Participation Policies

1. Attendance will be recorded and tracked for each class period. Students will be marked as present or absent. Late arrival to class or leaving class without returning will result in being marked absent.
2. If participating in a university-sponsored event (e.g., athletic competition, DECA), it is the student's responsibility to let the professor know ahead of time.
3. If participating in a university-sponsored event (e.g., athletic competition, DECA), it is the student's responsibility to let the professor know ahead of time.
4. All students missing a class are responsible for the missed content.

## Grading Scale

- 90%-100%- A
- 80%-89.99%- B
- 70%-79.99%- C
- 60%-69.99%- D
- 59.99% and below- F

## Breakdown of Grades

Activity	No. of Occurrences	Points Possible	
Aquatic Skills Assessment (rescue skills)	1	50	
CPR, AED, and First Aid Skills	1	100	

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Final Skills Assessment	2	100	
Attendance/Participation	30	150	
Exam	1	100	
<b>Total Points Possible</b>		<b>500</b>	

## Enrollment Verification

### On-Campus Course Statement

The U.S. Department of Education requires instructors to conduct an activity which will validate student enrollment in this course. Class attendance will be used to verify enrollment in on-campus courses. If you do not attend, your enrollment in this course will be at risk.

## Proctor Notification

This course will use an asynchronous proctoring solution called YuJa.

## Important Student Information

In the Announcements section of the Blackboard Institution Page, you can view and download the Important Student Information document for the current academic year. It includes information about:

- ✓ Land Acknowledgement Statement
- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ NetTutor - Online Tutoring Program
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Student Learning Outcomes / Essential Learning Outcomes
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement (Title IX)

## Program Student Learning Outcomes (SLOs) Addressed in This Course

As part of Mayville State's effort to demonstrate continuous improvement in achieving student learning outcomes, this course will address the following SLOs:

### The following SLOs/Professional Standards will be mastered in this course:

SLO 1: Through demonstration and application of discipline-specific concepts, HPER students will serve as advocates for fitness

SLO 2: Students will effectively communicate through a variety of methods with a discipline-specific population

SLO 3: Students will utilize a variety of technological resources and equipment to enhance discipline-specific population engagement and learning

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SLO 4: Students will assess individual understanding of discipline-specific concepts and utilize that assessment toward overall improvement

## Late Arrivals

The grading system for students adding this course after the first day of instruction will be modified. The student can make up the missed content only for activities that occurred while the student was not enrolled. Students will not be penalized for late assignments completed before enrollment, as long as the assignment is submitted within one week of enrolling in the course. The student remains responsible for learning the course material covered during their initial absence.

## Course Timeline/Schedule

Course Timeline and Schedule are subject to change as deemed necessary by the instructor.”

<b>Module</b>	<b>Chapters</b>	<b>End/Due Date</b>
<i>Prerequisite Check, and CPR Review</i>		<i>September 15</i>
<i>Rescue Skills</i>		<i>October 30<sup>th</sup></i>
<i>Final Scenario Testing</i>		<i>November 4-20</i>
<i>Written Exam Review</i>		<i>December 2, 4</i>
<i>Written Exam</i>		<i>December 11</i>