

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
**CHENNAI-6**

<b>Name of the Course:</b>	:	<b>Diploma in Life Guard Training</b>
<b>Stream</b>	:	<b>Distance Education</b>
<b>Educational Qualification</b>	:	<b>Plus 2</b>
<b>Duration</b>	:	<b>One year</b>
<b>Medium of Instruction</b>	:	<b>English</b>
<b>Year of Commencement</b>	:	<b>2010 - 2011</b>

# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

## DIPLOMA IN LIFE GUARD TRAINING

### PAPER – I

#### FUNDAMENTALS ORGANISATION & ADMINISTRATION LIFE GUARD TRAINING

##### **Unit – I**

Technique - Skill - Swimming – Controlling behavior of Patron Procedures – Communication skill – Fitness – Warming up – Specific training - Enforcement policies – rules – Regulation – Ordinance governing the conduct of patrons – Timing report – Equipment maintenance – Repairing – Opening time – Closing time – Checking.

##### **Unit – II**

Public relation – Running the pool smoothly – Making report – Accidents - Swimming pool maintenance – Pool facilities – Monitoring – Unsafe conditions – Custodial duties in maintaining the pool – Bath room – Trash picked up in and outside of faculty – Pool Vacuumed- Safety – First aid – Rescue operation – CPR Training – Precautions – Health – Safety – Welfare – Training.

##### **Unit – III**

Definition – Meaning – Aims & objective of organization and Administration Physical requirements – Physical exertions to manually move – Lift – Carry – Push – Heavy objects – Climbing in and out of Swimming pool – Verbal & Written communication- Personal relations – Staff meeting – Training – Diving – Swimming – other aquatic activities – Communicatins – Disciplinary problem – Selling tickets – Collecting fees.

##### **Unit – IV**

Problem solving – Decision making – rules – Accountability – Budgeting Centre – Prepare the pool –lane lines – Exercise equipment – Floatation devices - Oxygen Administration for the Rescue – Preventing disease transmission – Community Water safety – Chemical – Cleaning – Disinfects the pool – Shower – Locker room – Equipment used.

##### **Unit – V**

Physical demands – Development of motor qualities – Strength – Training – Routine swimming – Safety drills – Vision – Colour – Depth perception – Peripheral vision – Distance vision

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**ANATOMY AND PHYSIOLOGY**

**PAPER- II**

**Unit – I**

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

**Unit – II**

Cardio Vascular System – Structure and functions –Respiratory system – Structure and function Lungs – Mechanism of Respiration -

**Unit – III**

Muscular system – Types of Muscles - Structure and functions – Digestive system – structure and function.

**Unit – IV**

Nervous system – central – peripheral and autonomous

**Unit – V**

Excretory System – Structure and Functions of Kidney – Nephron – Structure and Functions of Skin

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**DIPLOMA IN LIFE GUARD TRAINING**

**PRACTICAL – I**

First Aid – CPR Training – Safety Measurements – Rescue training – Manually move –  
Lift – Carry – Push – heavy objects – Cleaning in and out of pool – Training.