

**KINES 21 Course Outline as of Fall 2012****CATALOG INFORMATION**

Dept and Nbr: KINES 21 Title: LIFEGUARD TRAINING

Full Title: Lifeguard Training

Last Reviewed: 2/27/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.50	Lab Scheduled	3.00	1	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PHYED 21

**Catalog Description:**

To provide students with the skills and knowledge needed to prevent and respond to aquatic emergencies to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until more advanced medical help can arrive. This course adheres to American Red Cross (ARC) standards and meets the first aid, CPR and aquatic training requirements as specified by state code to be a lifeguard in California.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of PHYED 12.3 ( or PE 2.4)

**Limits on Enrollment:****Schedule of Classes Information:**

Description: To provide students with the skills and knowledge needed to prevent and respond to aquatic emergencies to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until more advanced medical help can arrive. This course adheres to American Red Cross (ARC) standards and meets the first aid, CPR and aquatic training requirements as

specified by state code to be a lifeguard in California. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 12.3 ( or PE 2.4)

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Spring 1991	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 1991	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

1. Identify the necessary skills and responsibilities of a professional lifeguard
2. Evaluate emergency action plans for aquatic facilities
3. Utilize current Emergency Medical Services (EMS) systems
4. Identify when to perform a primary survey
5. Recognize signs and symptoms of a heart attack/cardiac arrest, and how to care for victims who experience them
6. Recognize signs and symptoms of cardiovascular disease.
7. Perform infant, child, and two-rescuer Cardiopulmonary Resuscitation (CPR)
8. Assess appropriate rescue techniques
9. Assess heat and cold emergencies
10. Identify and apply child birth emergency procedures
11. Identify spinal injury procedures
12. Recognition of major body systems and structures
13. Control and stop life-threatening bleeding
14. Recognize the signs and symptoms of shock
15. Recognize the signs and symptoms of soft-tissue injuries
16. Assessing the signs and symptoms of musculoskeletal injuries
17. Demonstrate appropriate speed and endurance
18. Demonstrate knowledge and skills in preparation for the following certification exams:
  - a. ARC certification in Lifeguard Training
  - b. CPR certification for the Professional Rescuer
  - c. Waterfront Lifeguard Training certification
  - d. Title 22 First Aid for Public Safety Personnel certification
19. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives

## **Topics and Scope:**

1. Characteristics and responsibilities of a professional lifeguard
  - A. Facility operations and aquatic injury prevention
  - B. Surveillance techniques
2. Emergency action plans for aquatic facilities
3. Emergency medical services (EMS) system and the role and responsibilities of professional rescuers within the EMS system
4. How and when to perform a primary survey
  - A. Adult breathing emergencies
  - B. Child breathing emergencies
  - C. Infant breathing emergencies
5. Signs and systems of a heart attack/cardiac arrest, and how to care for victims who experience them
6. Risk factors for cardiovascular disease.
7. Infant, child, and two-rescuer CPR
8. Water rescue techniques
9. Heat and cold emergencies
10. Child birth emergencies
11. Spinal injuries
12. Major body systems/structures
13. Life-threatening bleeding
14. Signs, symptoms, and care
  - A. Shock
  - B. Soft-tissue injuries
  - C. Musculoskeletal injuries
17. Speed and endurance for water rescue
18. ARC certification in Lifeguard Training, CPR for the Professional Rescuer, Waterfront Lifeguard Training and Title 22 First Aid for Public Safety Personnel
19. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives

## **Assignment:**

1. American Red Cross Video Analysis
  - A. Lifeguarding Today
  - B. CPR for the Professional Rescuer
  - C. Community First Aid
  - D. Emergency Response
2. Reading in American Red Cross Text Books
  - A. Lifeguarding Today
  - B. CPR for the Professional Rescuer
  - C. Emergency Response
3. Lifeguard notebook
4. 2 to 4 written quizzes
5. Multiple choice, true / false, essay, and performance exams
6. Situational problem solving
7. Repeating students must demonstrate an increased level of performance.

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Lifeguard notebook

Writing  
10 - 20%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Video analysis, situational problem solving

Problem solving  
10 - 20%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skill performances, performance exams, first aid, CPR and aquatic rescue skills

Skill Demonstrations  
20 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes: Multiple choice, true/false, essay, and performance exams

Exams  
20 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance

Other Category  
30 - 40%

## Representative Textbooks and Materials:

Health & Safety Services: Emergency Response. American Red Cross. Staywell: 2009  
Lifeguarding. American Red Cross. Staywell: 2009