

**PHYED 21 Course Outline as of Fall 2005****CATALOG INFORMATION**

Dept and Nbr: PHYED 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	2.00	1	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 140.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 6

**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 standards and meets the first aid, CPR and aquatic training requirements as specified by code to be a lifeguard in the State of California.

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

Course Completion of KINA 1.3 ( or KAQUA 1.3 or PHYED 12.3 or PE 2.4 or PE 101.5)

**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 standards and meets the first aid, CPR and aquatic training requirements as specified

by code to be a lifeguard in the State of California. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KINA 1.3 ( or KAQUA 1.3 or PHYED 12.3 or PE 2.4 or PE 101.5)

Limits on Enrollment:

Transfer Credit: CSU;UC. (CAN KINE12)

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:**

I. Upon completion of this course the student will:

- A. Become aware of the role, characteristics and responsibility of a professional lifeguard and guidelines for interacting with public.
- B. Become familiar with the lifeguard's role in facility operations and aquatic injury prevention.
- C. Become familiar with the surveillance techniques a lifeguard is required to have and how these techniques can help prevent injury at the facility.
- D. Become familiar with the function of an emergency action plan and how to take appropriate action in an emergency.
- E. Become aware of the EMS system and with the role and responsibilities of professional rescuers within the EMS system.
- F. Learn how and when to perform a primary survey and how to respond to a breathing emergency in an adult, in a child, and in an infant.
- G. Learn how to care for an infant, a child or an adult with an obstructed airway and the advantages of using a resuscitation mask and the bag-valve-mask resuscitator (BVM) to ventilate a nonbreathing victim.
- H. Learn the signs and systems of a heart attack/cardiac arrest, how to care for victims who experience them, how to identify and reduce risk factors for cardiovascular disease.

- I. Learn how to perform infant, child, and two-rescuer CPR.
- J. Become familiar with the steps of a rescue including learning how to use a rescue tube, how to enter the water, how to approach a victim, how to rescue at or near the surface, and how to approach a victim, how to rescue a victim at or near the surface, and how to perform a multiple-victim rescue.
- K. Learn how to recognize and care for victims of injuries and sudden illness, poisoning, drug abuse, heat and cold emergencies, and emergency childbirth.
- L. Become aware of common causes of aquatic spinal injuries, the signs and symptoms of possible spinal injuries, and how to provide care for victims with spinal injuries.
- M. Identify guidelines that ensure personal safety and the safety of others at an emergency scene.
- N. Identify major body systems/structures and explain how they interrelate.
- O. Recognize life-threatening bleeding and demonstrate proper care for controlling it.
- P. Recognize the signs and symptoms of shock and describe how to minimize the effects of shock.
- Q. Recognize the signs and symptoms of soft-tissue injuries and demonstrate the proper care for open and closed wounds, thermal burns, electrical burns, chemical burns, and embedded objects (including bandaging techniques).
- R. Recognize the signs and symptoms of musculoskeletal injuries and describe/demonstrate proper care (including rigid, soft, and anatomic splitting).
- S. Describe/demonstrate how to safely rescue victims on land or in the water.
- T. Describe conditions that affect surveillance at a swimming pool and waterfront.
- U. Describe the skills used in special rescue situations such as missing person procedures, search for a SCUBA diver, cold water rescue.
- V. Demonstrate specific rescue skills for swimming pools and waterfront facilities.
- W. Develop students speed and endurance.
- X. Receive ARC certification in Lifeguard Training. CPR for the Professional Rescuer, Waterfront Lifeguard Training and Title 22 First Aide for Public Safety Personnel.

### **Topics and Scope:**

- I. The Professional Lifeguard
  - A. Introduction to Lifeguarding
  - B. Characteristics and Responsibilities of a Lifeguard
  - C. Interacting with the Public
  - D. Responsibilities of Management
- II. Preventing Aquatic Injury
  - A. Patron and Facility Surveillance
  - B. Emergency Procedures
  - C. Emergency Action Plans

- D. Victim Recognition
- III. CPR for the Professional Rescuer
- IV. Emergency Water Rescue Skills
- V. Basic First Aid
- VI. First Responder/Priorities of Care
- VII. General Injuries - Identification and Care
- VIII. Specific Injuries - Identification and Care
- IX. Medical Emergencies
- X. Special Populations and Situations
- XI. Spinal Injury Management
- XII. Responsibilities After and Emergency
- XIII. Waterfront Lifeguarding Module
- XIV. Final Written Exams
- XV. Final Skills Scenarios

### Assignment:

#### American Red Cross Videos

1. Lifeguarding Today
2. CPR for the Professional Rescuer
3. Community First Aide
4. Emergency Response

#### Reading in American Red Cross Text Books

1. Lifeguarding Today
2. CPR for the Professional Rescuer
3. Emergency Response

### 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.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

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

Identify signs & symptoms of illnesses and injury

Problem solving  
10 - 30%

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

Class performances, Performance exams, First Aid, CPR and Aquatic Rescue Skills Recomm.

Skill Demonstrations  
20 - 40%

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

True/false

Exams  
20 - 40%

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

ATTENDANCE

Other Category  
30 - 50%

**Representative Textbooks and Materials:**

American Red Cross Text Books

1. Lifeguarding Today
2. CPR for the Professional Rescuer
3. Emergency Response