KINA 21 Course Outline as of Summer 2025

CATALOG INFORMATION

Dept and Nbr: KINA 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	0.50	Lecture Scheduled	0.25	17.5	Lecture Scheduled	4.38
Minimum	0.50	Lab Scheduled	1.00	1	Lab Scheduled	17.50
		Contact DHR	0		Contact DHR	0
		Contact Total	1.25		Contact Total	21.88
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 8.75 Total Student Learning Hours: 30.63

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	KAQUA 21

Catalog Description:
Students will learn 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. Also meets the first aid, cardiopulmonary resuscitation (CPR) and aquatic training requirements as specified by state code to be a lifeguard in California.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KINA 1.3

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will learn 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. Also meets the first aid, cardiopulmonary resuscitation (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 KINA 1.3
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
	L8	Student Success and Wellness		Fall 2025	
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Spring 1991	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 1991	Inactive:	

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Independently supervise an aquatics facility as a lifeguard
2. Perform advanced water safety techniques
3. Identify and resolve potential facility and patron hazards in regards to safety

Objectives:
At the conclusion of the course, the student should be able to:
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. American Red Cross (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

Topics and Scope:

I. Characteristics and Responsibilities of a Professional Lifeguard
    A. Facility operations and aquatic injury prevention
    B. Surveillance techniques
II. Emergency Action Plans for Aquatic Facilities
III. Emergency Medical Services (EMS) System and the Role and Responsibilities of Professional
    rescuers within the EMS system
IV. How and When to Perform a Primary Survey
    A. Adult breathing emergencies
    B. Child breathing emergencies
    C. Infant breathing emergencies
V. Signs and Systems of a Heart Attack/Cardiac Arrest, and How to Care for Victims Who Experience Them
VI. Risk Factors for Cardiovascular Disease.
VII. Infant, Child, and Two-Rescuer CPR
VIII. Water Rescue Techniques
IX. Heat and Cold Emergencies
X. Child Birth Emergencies
XI. Spinal Injuries
XII. Major Body Systems/Structures
XIII. Life-Threatening Bleeding
XIV. Signs, Symptoms, and Care
    A. Shock
    B. Soft-tissue injuries
    C. Musculoskeletal injuries
XV. Speed and Endurance for Water Rescue
XVI. ARC Certifications
    A. Lifeguard Training
    B. CPR For the Professional Rescuer
    C. Waterfront Lifeguard Training
    D. Title 22 First Aid for Public Safety Personnel

Assignment:

Lecture-Related Assignments:
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. Written exams
5. Performance exams
6. Situational problem solving and drills

Lab-Related Assignments:
1. Skill performance
2. First aid
3. CPR
4. Aquatic rescue skills

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 and drills	Problem solving 10 - 20%

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

First aid, CPR and aquatic rescue skills, skill performance exams	Skill Demonstrations 20 - 30%

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

Written 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:
Lifeguarding Manual by American Red Cross, Current Edition
Instructor prepared materials