

KIN A001N: LIFEGUARD TRAINING, PROFESSIONAL RESCUE NONCREDIT

Item	Value
Curriculum Committee Approval Date	02/07/2024
Top Code	083570 - Aquatics and Lifesaving
Units	0 Total Units
Hours	22 Total Hours (Lecture Hours 18; Lab Hours 4)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This is a course designed to introduce and develop the basic lifesaving skills necessary to successfully serve as a lifeguard. Topics will include discussion and practice of lifeguard skills, including assessment of emergency situation, rescue techniques, first aid, and use of emergency equipment. Upon completion of the class, a student who successfully passes written and practical exams will be qualified to be certificated for an American Red Cross Emergency Water Safety, Basic Lifeguarding, or Lifeguard Training Certificate. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Students will be able to identify aquatic emergencies and appropriate actions.
2. Student will be able to demonstrate aquatic lifeguard skills per the American Red Cross Lifeguard certification requirements.

Course Objectives

- 1. Compare various safety and swimming techniques
- 2. Evaluate safety conditions at facilities
- 3. Apply safety measures in pool settings
- 4. Create an appropriate safety routine in life guarding
- 5. Perform professional level first aid/CPR and lifeguarding rescue techniques including C-spine management

Lecture Content

Lifeguard Fitness and Training Education Criteria Certification
Employment Swimming ability Swim Fitness Cross-Training Safety
Environment High risk swimmers High risk locations Times of most rescues Victim Causes of injuries Appearance of victim Lifesaving and Rescues Non-Swimming Rescues Reaching assists Throwing assists Swimming Rescues Entries and rescue With rescue tube Approaches Escape and releases Moving Victim to Safety Modified stroke Rotary kick Two arm tow One arm tow Injuries Soft Tissue Injuries Definition

of tissue Types for soft tissues Infection Dressings and Bandages Care for wounds Injuries to the Head, Neck, and Back Recognizing serious head, neck, and back injuries The head The neck The back The spine Evaluating causes and indications of head, neck, and back injury General care for Head, neck, and back injuries Lower back injury Preventing head and spine injury Medical Emergencies Sudden illness Bites and Stings Anaphylaxis Emergencies Signs and symptoms of common bites and stings Care for specific bites and stings Preventing bites and stings Emergency Action Plans Exit and Evacuation Competition Pool Community Pool I Park Spinal Recues

Lab Content

Practice of the following skills: Implementation of emergency action plan Demonstration of use of backboards in pool Assesment of neck and head injuries Demonstration of proper lifesaving techniques: buoys, no buoy, shallow/deep water

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Enhanced NC Lab (NC2)

Instructional Techniques

Individualized feedback on student work Individualized feedback during lab activities Lecture Discussion Feedback/evaluation of skills practice Multimedia Presentations. Collaborative learning and group projects. Interactive computer tutorials and demonstrations. Hands on practical experience I skills testing. Discussion, evaluation and written summaries of new articles pertaining to first aid issues. Safety routines Applied techniques for lifesaving and basic rescue in pool Practical application of skills.

Reading Assignments

Students will be required to read from the textbook in preparation for class and the certification exam.

Writing Assignments

Emergency Action Plan Develop a lifeguarding and safety daily checklist for opening and closing a pool area

Out-of-class Assignments

Reading and practice of skills. Attendance at several aquatic functions such as water polo matches or swim meets

Demonstration of Critical Thinking

Students will be required to assess a water safety situation and apply rescue protocols to save the victim.

Required Writing, Problem Solving, Skills Demonstration

Student will have written homework and exams.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required American National Red Cross. Lifeguarding, latest ed. Aurora, IL: American Red Cross, 2012