

LIFE G050N: BASIC LIFEGUARD FITNESS QUALIFICATION

Item	Value
Curriculum Committee Approval Date	12/03/2024
Units	0 Total Units
Hours	8 Total Hours (Lecture Hours 1; Lab Hours 7)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
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 noncredit course allows prospective students to qualify for application as a seasonal/fulltime ocean lifeguard position. Testing will include registration, a 1000 yard pool swim, an ocean swim, an ocean run-swim-run, and an oral panel interview. This course will utilize facilities owned and operated by the City of Huntington Beach at their beach headquarters. Open Entry/Open Exit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Complete the physical fitness qualification and oral interview.

Course Objectives

- 1. Complete the standardized physical fitness tests in established times.
- 2. Pass the oral interview.

Lecture Content

Physical Fitness Qualification Introduction Registration/documentation
Course rules and safety Scores for satisfactory completion

Lab Content

1000 Yard Pool Swim Rules for completion Scoring ruberic Ocean swim
Description of course Rules for completion Scoring ruberic Ocean run-swim-run
Description of course Rules for completion Scoring ruberic Oral interview

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Reading Assignments

Students will be required to read a description of the physical fitness testing procedures and sign a waiver.

Out-of-class Assignments

None

Demonstration of Critical Thinking

Students will be asked scenario questions regarding their background, character, and knowledge of the lifeguard profession during the oral interview.

Required Writing, Problem Solving, Skills Demonstration

Students will be required to answer a critical scenario question during the oral interview based on their thought process in response to a open ocean water rescue.

Eligible Disciplines

Fire technology: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience.