

**Course Outline of Record**

1. Course Code: KINE-303
2.
  - a. Long Course Title: Lifeguard Training I, CPR, AED and First Aid
  - b. Short Course Title: LIFEGUARD TRAINING I
3.
  - a. Catalog Course Description:
 

The course will instruct and provide the necessary skills and knowledge to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. The course content will be in alignment with the American Red Cross and will include the following: lifeguarding and shallow water, waterfront skills, written exams and physical and skill testing. This course is the first part of a two course certificate preparing the students at completion of the certificate to take an exam applicable to lifeguard certification with the American Red Cross. The American Red Cross certificate fees are required of each student that successfully completes this course for certification.
  - b. Class Schedule Course Description:
 

The course will instruct and provide the necessary skills and knowledge to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. The course content will be in alignment with the American Red Cross and will include the following: lifeguarding and shallow water, waterfront skills, written exams and physical and skill testing. This course is the first part of a two course certificate preparing the students at completion of the certificate to take an exam applicable to lifeguard certification with the American Red Cross.
  - c. Semester Cycle (*if applicable*): N/A
  - d. Name of Approved Program(s):
    - LIFEGUARD TRAINING Certificate of Completion
4. Total Units: 0      Total Semester Hrs: 36.00  
 Lecture Units: 0      Semester Lecture Hrs: 36.00  
 Lab Units: 0      Semester Lab Hrs: 0  
 Class Size Maximum: 35      Allow Audit: No  
 Repeatability Noncredit - Unlimited  
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
 

*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)*

Limitation on Enrollment: Must be at least 15 years old, able to swim 300 yards (12 lengths of a 25 yard pool) without stopping using front crawl and breaststroke, tread water for 2 minutes using legs only, and retrieve a 10-lb brick from 7 feet deep and swim 20 yards with the weight, using legs only and exit the water without using a ladder or steps within 1 minute and 40 seconds.
6. Textbooks, Required Reading or Software: (*List in APA or MLA format.*)
  - a. American Red Cross. Lifeguarding Manual. Krames Stay Well Strategic Partnerships Division, ISBN: 978-158480487 , 01-01-2012.
7. Entrance Skills: *Before entering the course students must be able:*
8. Course Content and Scope:

Lecture:

1. Professionalism in the field of lifeguarding
2. Shallow water lifeguarding
3. Facility safety, patron surveillance and injury prevention
4. Injury prevention and rescue skills
5. Victim assesment and identification of breathing emergencies
6. Techniques of CPR for infants, children and adults
6. Cardiac Emergencies and Using an Automated External Defibrillator
7. First Aid
8. Head, Neck and Spinal Injuries in the water
9. In water skill scenarios and application
10. Waterfront Skills and Topics: that may include, run and swim entry, walking assist, beach drag, front and back carry, and searching shallow water
  
11. Waterpark Skills and Topics: that may include, verification of individual swimming skills, unique aspects of water park lifeguarding, in water skill session: rescue skills, run and swim entry, walking assist, beach drag, front and back carry, head splint- face down in extremely shallow water, suspected spinal injury

Lab: *(if the "Lab Hours" is greater than zero this is required)*

9. Course Student Learning Outcomes:

1.
  1. Explain facility and patron safety in and around the water.
  2. Demonstrate proficiency in victim assessment and identification of breathing emergencies.
  3. Demonstrate proficiency in skill techniques and practical application of head, neck and spinal injuries in the water.
  4. Apply in water skill scenarios such as run and swim entry, beach drag, and rescuing a passive victim in deep water.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. List the professional responsibilities of lifeguarding
- b. Identify ways to promote facility and patron safety, patron surveillance and injury prevention in and around the water
- c. Give examples of various rescue skills to victims of aquatic emergencies.
- d. Apply rescue skills
- e. Describe victim assessment and breathing emergencies
- f. Demonstrate the correct use and application of the Automated External Defibrillator
- g. Apply of first aid skills to victims of aquatic emergencies
- h. Demonstrate care of head, neck and spinal injuries in the water

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Individualized Study
- e. Laboratory
- f. Lecture
- g. Observation
- h. Participation
- i. Role Playing
- j. Self-exploration
- k. Technology-based instruction

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 72.00

a. In-class Assignments

1. Assess facility and patron safety, patron surveillance and injury prevention plans in and around the water
2. Practice victim assessment and breathing techniques
3. Case scenarios of cardiac emergencies and skills, techniques and principles of using an automated external defibrillator
4. Case scenarios of applying first aid
5. Practice lifeguard assisted rescues both active and passive

b. Out-of-class Assignments

1. First aid, skill practice, application and technique
2. Reading, research and organizing group projects
3. Practice skills and application for lifeguarding both waterfront and waterpark
4. Skill, technique and practice victim assessment and breathing techniques and CPR for lifeguarding

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Critiques
- Reading reports
- Self-paced testing
- Computational/problem solving evaluations
- Product/project development evaluation
- Self/peer assessment and portfolio evaluation
- Student participation/contribution
- Student preparation
- Oral and practical examination

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO - Career and Technical Education

Fulfill the requirements for an entry- level position in their field.

Display the skills and aptitude necessary to pass certification exams in their field.

IO - Personal and Professional Development

Display habits of intellectual exploration, personal responsibility, and physical well being.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees:  Required Material?

Material or Item	Cost Per Unit	Total Cost
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# KINE 303-Lifeguard Training I, CPR, AED and First Aid

19. Provide Reasons for the Substantial Modifications or New Course:

This course provides job skills and training for job opportunities in recreation and fitness in the recreation industry. The Palm Desert Aquatic Center highly supports this noncredit certificate.

20. a. Cross-Listed Course (*Enter Course Code*): N/A  
b. Replacement Course (*Enter original Course Code*): N/A

21. Grading Method (*choose one*): Pass/No Pass Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000580069  
b. T.O.P. Code [CB03]: 83570.00 - Aquatics and Lifesaving  
c. Credit Status [CB04]: N - Noncredit  
d. Course Transfer Status [CB05]: C = Non-Transferable  
e. Basic Skills Status [CB08]: 2N = Not basic skills course  
f. Vocational Status [CB09]: Clearly Occupational  
g. Course Classification [CB11]: J - Workforce Preparation Enhanced Funding  
h. Special Class Status [CB13]: N - Not Special  
i. Course CAN Code [CB14]: N/A  
j. Course Prior to College Level [CB21]: Y = Not Applicable  
k. Course Noncredit Category [CB22]: J - Workforce Preparation  
l. Funding Agency Category [CB23]: Y = Not Applicable  
m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): LIFEGUARD TRAINING

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

First Year: 30  
Third Year: 35

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes  
b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 07/23/16