



## MASTER COURSE OUTLINE

Prepared By: Michael De Hoog, Tom Los

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## COURSE TITLE

Lifeguard Training

## GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 153

(Formerly: )

CIP Code: 31.0598

Intent Code: 11

Program Code:

Credits: 2

Total Contact Hrs Per Qtr.: 35

Lecture Hrs: 11

Lab Hrs: 24

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

## COURSE DESCRIPTION (as it will appear in the catalog)

Instruction leading to qualification for America Red Cross Lifeguard/First Aid/CPR/AED training certification.

## PREREQUISITES

Persons are eligible who have passed their fifteenth birthday, are in sound physical condition, and have completed the following prerequisites:

1. Fifteen years of age on or before the beginning of the course
2. Swim 300 yards continuously demonstrating breath control and rhythmic breath. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards.
  - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.

## TEXTBOOK GUIDELINES

Current Red Cross Lifeguard Manual

## COURSE LEARNING OUTCOMES

*Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:*

1. Demonstrate techniques for injury prevention (personal and rescuee)
2. Demonstrate safe response to an emergency situation.
3. Demonstrate the ability to perform effective CPR and appropriate use of an AED
4. Demonstrate the ability to perform basic first aid
5. Respond to life threatening and non-life threatening emergencies as a 1st responder

6. Demonstrate effective water rescue techniques for active drowning and passive drowning victims
7. Demonstrate first aid for standing and non-standing head, neck and spinal related injuries

### **INSTITUTIONAL OUTCOMES**

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

### **COURSE CONTENT OUTLINE**

- Chapter 1 – The Professional Lifeguard
- Chapter 2 – Facility Safety
- Chapter 3 – Surveillance and Recognition
- Chapter 4 – Injury Prevention
- Chapter 5 – Emergency Action Plans
- Chapter 6 – Water Rescue Skills
- Chapter 7 – Before Providing Care and Victim Assessment
- Chapter 8 – Breathing Emergencies
- Chapter 9 – Cardiac Emergencies
- Chapter 10 – First Aid
- Chapter 11 – Caring for Head, Neck and Spinal Injuries

### **DEPARTMENTAL GUIDELINES** *(optional)*

PO5 should be assessed: Students will be able to solve problems by gathering, interpreting, combining and/or applying information from multiple sources.

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**DIVISION CHAIR APPROVAL**

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**DATE**