

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 55 - Lifeguard Training

1 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

11 hours Lecture

23 hours Lab

This course provides instruction in the fundamental skills and knowledge of lifeguard training, such as: prevention and recognition of emergencies, water safety, injury, and illnesses. This course also covers Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) training, injury management, and post emergency procedures.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. identify hazards of various types of aquatic facilities, and explain how to eliminate or minimize such hazards.
- B. recognize distress or drowning and apply rescue techniques.
- C. demonstrate speed, endurance, and techniques in swimming and lifeguarding skills.
- D. state facility policies, procedures, and rules.
- E. describe the responsibilities of a lifeguard.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction	1.00
2. Preventing Aquatic Injury	1.00
3. The Professional Lifeguard	1.00
4. CPR and AED for the Professional Rescuer	2.00
5. Rescue Skills	1.00
6. Spinal Injury Management	1.00
7. First Aid	1.50
8. After an Emergency	1.50
9. Skills Scenarios	1.00
Total Hours	11.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction	1.00
2. Preventing Aquatic Injury	2.00
3. Waterfront Lifeguarding	2.00
4. CPR and AED for the Professional Rescuer	1.00

5. Rescue Skills	2.00
6. Spinal Injury Management	1.00
7. First Aid	4.00
8. After an Emergency	2.00
9. Skills Scenarios	8.00
Total Hours	23.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Field Experience/Internship
- C. Class Activities
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Discussion
- F. Demonstrations
- G. Multimedia Presentations
- H. Drill/Practical

V. METHODS OF EVALUATION

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Research articles describing post-emergency procedures for lifeguards. Plan to discuss your findings in class.
 - 2. Read an article that outlines strategies to identify hazards at various aquatic facilities and how to prevent them. Be prepared to share information in small groups.
- B. Writing Assignments
 - 1. Write a paper describing the symptoms of a suspected spinal cord injury and what rescue steps would be taken to care for the victim.
 - 2. Write an essay describing how to identify distress or drowning signals. Choose one signal used in a specific situation and explain which rescue techniques would be applied.
- C. Out-of-Class Assignments
 - 1. View demonstrations online that show the slide-in, stride jump, and compact jump entry methods into the water.
 - 2. Visit a local aquatic facility and observe the routine safety inspection being conducted.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. White, J.. StarGuard: Best Practices for Lifeguards. 4th Edition. Human Kinetics, 2012.

Materials Other Than Textbooks:

- A. Water or Lifeguard appropriate shoes
- B. Swimsuit
- C. Other materials and/or equipment will be provided by the department.

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