



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 247  
**Descriptive Title:** Swimming, Lifeguard Training

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course follows the American Red Cross (ARC) Lifeguard Training program and provides the opportunity for certification in Red Cross Lifeguard, First Aid, and Cardiopulmonary Resuscitation (CPR) for the professional rescuer with Automated External Defibrillation (AED). Emphasis is placed on personal safety, professional conduct, injury prevention, emergency preparation, public interaction, and rescue techniques for pool and non-surf open water environments.

Note: Certification requires passing both ARC practical and written examinations.

Note: This course is offered fall semester only.

**Conditions of Enrollment:** Enrollment Limitation

American Red Cross mandate - Level 4 Swimming Ability

**Course Length:**  Full Term  Other (Specify number of weeks):

**Hours Lecture:** 1.00 hours per week  TBA

**Hours Laboratory:** 3.00 hours per week  TBA

**Course Units:** 2.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992

**Transfer UC:**  Effective Date: Prior to July 1992

**General Education:**

**El Camino College:** 5 – Health and Physical Education

Term:

Other:

**CSU GE:**

E - Lifelong Understanding and Self-Development

Term:

Other: Approved

IGETC:

## II. OUTCOMES AND OBJECTIVES

### A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate appropriate lifesaving skills for active drowning, passive drowning and submerged victims meeting the most recent standards set by the American Red Cross Lifeguard Training program.
2. Students will demonstrate proper technique in response to breathing emergencies, both conscious and unconscious for infant, children and adults.
3. Students will recognize spinal injuries which occur on land or in the water and perform the currently accepted techniques for emergency responders.
4. Students will demonstrate appropriate responses to the first aid emergencies that most commonly occur at swimming pools and waterfronts (non-ocean).

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

### B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Appraise a swimming environment for patron safety and rescue effectiveness.  
Class Performance
2. Analyze a swimmer's distress signals and select appropriate action for the rescue.  
Performance exams
3. Compose an emergency action plan specific to a variety of swimming environments and staffing abilities.  
Written homework
4. Assess a victim's need for first aid and select the proper treatment.  
Performance exams
5. Document pertinent information following an emergency situation.  
Laboratory reports
6. Organize a search and rescue team for waterfront rescues.  
Performance exams
7. Assess a victim's need for CPR / AED and select the proper treatment.  
Performance exams

## III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	1	I	Lifeguard Training Options A. Pool lifeguard

			<ul style="list-style-type: none"> <li>B. Non-surf waterfront lifeguard</li> <li>C. Shallow water lifeguard</li> </ul>
Lecture	1	II	<b>Legal Considerations</b> <ul style="list-style-type: none"> <li>A. Standard of Care</li> <li>B. Duty to Care</li> <li>C. Negligence</li> <li>D. Confidentiality</li> <li>E. Abandonment</li> <li>F. Good Samaritan Act</li> </ul>
Lecture	1	III	<b>Pool Safety and Injury Prevention</b> <ul style="list-style-type: none"> <li>A. The drowning process.</li> <li>B. Patron surveillance and injury prevention.</li> <li>C. Enforcing the rules and patron education.</li> </ul>
Lecture	2	IV	<b>Emergency Action Plans</b> <ul style="list-style-type: none"> <li>A. Single guard on duty</li> <li>B. Multiple guards and staff</li> </ul>
Lecture	3	V	<b>Water Rescue Skills</b> <ul style="list-style-type: none"> <li>A. Entries and approaches</li> <li>B. Victim contact, tow and removal for distressed swimmers</li> <li>C. Active and passive victims at or near the surface</li> <li>D. Multiple victims</li> <li>E. Submerged non-spinal victim and extrication</li> </ul>
Lecture	1	VI	<b>Preventing Disease Transmission</b>
Lecture	2	VII	<b>Victim Assessment and Care for Breathing Emergencies</b> <ul style="list-style-type: none"> <li>A. Conscious choking adults, infants and children</li> <li>B. Unconscious choking adults, infants and children</li> <li>C. Anaphylaxis</li> </ul>
Lecture	1	VIII	<b>CPR and an Automated External Defibrillator (AED) for Cardiac Emergencies</b> <ul style="list-style-type: none"> <li>A. Adults</li> <li>B. Children and infants</li> <li>C. Coordinated team response</li> </ul>
Lecture	3	IX	<b>First Aid for Chronic and Acute Conditions</b> <ul style="list-style-type: none"> <li>A. Bleeding and shock</li> <li>B. Soft tissue injuries</li> <li>C. Musculo skeletal injuries</li> <li>D. Poisoning, bites and stings</li> <li>E. Sudden illness - diabetes, stroke, seizures</li> <li>F. Burns</li> <li>G. Hot and cold emergencies</li> </ul>
Lecture	2	X	<b>Spinal Injury Management</b> <ul style="list-style-type: none"> <li>A. Shallow water</li> </ul>

			B. Deep water
Lecture	1	XI	California Title 22 Topics A. Oxygen administration B. Opioid overdose C. Altered mental status D. Active shooter
Lab	2	XII	Facility Orientation and Safety A. Identifying hazards around the pool and on the deck. B. Remediating hazardous situations C. Proper placement of equipment
Lab	4	XIII	Swimming Skills Evaluation A. Swimming distance and time B. Treading water C. Brick retrieval D. Lifeguard circuit for training
Lab	1	XIV	Elementary Forms of Rescue A. Reaching B. Throwing
Lab	8	XV	Rescue Skills for Victims At or Near the Surface A. Entries and approach strokes B. Distressed swimmer C. Active drowning victim D. Passive drowning victim E. Multiple victim scenarios
Lab	4	XVI	Submerged Non-Spinal Victim Rescue A. Shallow water B. Deep water C. Zero-depth
Lab	1	XVII	When Rescues Don't Go as Planned A. Front head-hold escape B. Rear head-hold escape
Lab	3	XVIII	Initial First Aid Responses A. Scene Survey & Approach B. Victim Assessment C. Preventing disease transmission D. Responding to breathing emergencies for adults, children and infants
Lab	6	XIX	Providing Cardiopulmonary resuscitation (CPR) A. Adults B. Children C. Infants D. Drowning situations

			E. Hypothermia F. Spinal injury modification
Lab	1	XX	Automated External Defibrillator (AED) A. Adults B. Children and Infants
Lab	8	XXI	Spinal injury management A. On land B. Zero depth pools C. Shallow water D. Deep water E. Extrication with stairs F. Extrication with high sides
Lab	6	XXII	First Aid skills - including but not limited to A. Interview - "SAMPLE" B. Bleeding internal and external C. Tourniquets D. Musculoskeletal injuries E. Burns F. Moving a victim G. Seizures in and out of the water H. Shock I. Diabetes J. Childbirth
Lab	1	XXIII	Oxygen Administration
Lab	5	XXIV	Waterfront Rescue Skills A. Entries and exits for beaches, rocks, docks and boats B. Rescue boards C. Surfboards D. Use of mask, fins, and snorkel E. Search and rescue open water, non-surf F. Rescuing a SCUBA diver G. Canoes and Kayaks
Lab	4	XXV	Real-life Scenarios A. 30-sec test to reach a victim from anywhere in the pool B. 60-sec test to extricate all non-spinal situations C. 180-sec test to extricate all spinal situations with non-breathing victims
<b>Total Lecture Hours</b>		18	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		72	

#### **IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS**

##### **A. PRIMARY METHOD OF EVALUATION:**

Substantial writing assignments

##### **B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:**

Critique a waterfront emergency, such as a drowning. This report will determine the appropriateness of the rescue response, the emergency action plan, and the ability of the staff to work together.

##### **C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:**

1. Assess the drowning scenario presented in the swimming pool and demonstrate what you determine is the appropriate response to rescue the victim in the manner which is safest to both the victim and the rescuer.
2. Demonstrate both an initial assessment and a secondary assessment of a victim and provide appropriate first aid and/or CPR treatment based upon his/her findings and analysis of the situation presented.

##### **D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Performance exams

Written homework

Class Performance

Multiple Choice

Completion

Matching Items

True/False

Other (specify):

short answer

#### **V. INSTRUCTIONAL METHODS**

Demonstration

Discussion

Laboratory

Lecture

Multimedia presentations

Role Play

Simulation

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and**

effective communication for students with disabilities.

## VI. WORK OUTSIDE OF CLASS

Study

Answer questions

Required reading

Problem solving activities

Written work

**Estimated Independent Study Hours per Week: 2**

## VII. TEXTS AND MATERIALS

### A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

- Lifeguarding American Red Cross. Staywell Publishing, 2012.

### B. ALTERNATIVE TEXTBOOKS

### C. REQUIRED SUPPLEMENTARY READINGS

### D. OTHER REQUIRED MATERIALS

## VIII. CONDITIONS OF ENROLLMENT

### A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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### B. Requisite Skills

Requisite Skills
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### C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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### D. Recommended Skills

Recommended Skills
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### E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
American Red Cross mandate - Level 4 Swimming Ability	

Course created by R. Masak/H. Parry on 09/12/2013.

BOARD APPROVAL DATE: 12/01/1956

LAST BOARD APPROVAL DATE: 05/21/2018

Last Reviewed and/or Revised by Linda Delzeit-McIntyre on 09/12/2013