

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(Check all that apply)

COURSE NUMBER AND TITLE: PE 229 Lifeguarding

UNIT VALUE: 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 24

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: Ability to swim 500 yards continuously

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Follows American Red Cross curriculum lifeguard training and professional rescuer CPR. National certifications can be earned upon successful completion of two topic areas. An individual will have basic preparation for aquatic lifeguard job opportunities in California. CSU

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. identify standard safety procedures for injury prevention at aquatic facilities.
2. identify and suggest how to correct aquatic facilities hazards.
3. analyze drowning situations and make a safe aquatic rescue with equipment.
4. apply principles of record keeping, facility safety and aquatic area upkeep.
5. perform appropriate cardiopulmonary resuscitation as a professional rescuer.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

I. Standard First Aid

- A. Cause and prevention of injury & sudden illness
- B. First aid treatment:
 - 1. Shock
 - 2. Sudden illness
 - 3. Hot or Cold illness
 - 4. Seizures
 - 5. Poisoning:
 - a. Marine life
 - b. Vapors
 - c. Animals
 - 6. Burns
 - 7. Bandaging

II. Cardio pulmonary resuscitation

- A. Rescue breathing
 - 1. Infant
 - 2. Child
 - 3. Adult
- B. Choking
 - 1. Infant
 - 2. Child
 - 3. Adult
- C. CPR
 - 1. Infant
 - 2. Child
 - 3. Adult
- D. Two person professional rescuer CPR

III. Lifeguard training

- A. Aquatic facilities
 - 1. Hazards:
 - a. Lakes
 - b. Pools
 - c. Beaches
 - 2. Employment guidelines
 - 3. Differences in supervisors' roles:
 - a. Schools
 - b. Communities
 - c. County
 - 4. Record keeping and forms
 - 5. Pool chemical testing
 - 6. Communication systems in rescuing and reporting to EMS system
 - 7. Rescue equipment used at aquatic facilities

- B. Rescuing skills
 - 1. Swimming
 - 2. Equipment
 - 3. Back and neck spinal management
 - a. Land
 - b. Shallow water
 - c. Deep water

REQUIRED READING:

American National Red Cross. CPR Professional Rescuer. St. Louis: Mosby Yearbook, 1995.
 American National Red Cross. Lifeguarding Today. St. Louis: Mosby Yearbook, 1995.

SUGGESTED READING: None

REQUIRED WRITING:

A fifty (50) question worksheet(s), including two-topic areas. Skill demonstrations are also appropriate.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts, lecture notes, and text. Prepare writing assignment, practice skills, and study for exams.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students): Students will receive a grade from overall performance in each subject area with appropriate skills exam, followed by written exam.

40% Exams (3)

25% Skills exams (3)

25% Written worksheets for the three-topic area and observation critique

10% Participation

To receive a certificate, the individual must successfully perform skills test and score 80% or better on National standard exams.

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes ___ No x Number of times course may be taken for credit: 1

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Patti Waterman

Extension 2473

SIGNATURES:

SIGNATURES ON FILE