

**I. COURSE DESCRIPTION:**

Division: Physical Education, Athletics & Health  
Department: N/A  
Course ID: PE 223  
Course Title: Lifeguard Training  
Units: 2 Units  
Lecture: 1 Hour  
Laboratory: 3 Hours  
Prerequisite: None

Catalog Description:

Provide lifeguard candidates with the skills, knowledge, duties, and responsibilities to keep the patrons of aquatic facilities safe around the water. Designed to prevent accidents and rescue others.

Schedule Description:

Provide lifeguard candidates with the skills, knowledge, duties, and responsibilities to keep the patrons of aquatic facilities safe around the water.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

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

- A. Demonstrate individual skills, at a proficiency to complete the requirements for Red Cross certification in community lifeguarding and swimming instruction.
- B. Formulate and express an understanding of the importance of good teaching methods, practices and critical evaluation.

**IV. CONTENT:**

- A. Essential Swimming Strokes
  1. Front crawl stroke
  2. Breast stroke
  3. Inverted breast stroke
  4. Side stroke
- B. Techniques of Lifeguarding and Rescue
  1. Basic and advanced forms of rescue
- A. Emergency procedures
  1. Sight management
  2. First aid techniques
  3. Specialized equipment
- B. Swimming Pool Management
  1. Essentials of pool maintenance
  2. Sight lines and access issues
  3. Required equipment
- C. Beach and Other Rough Water Rescues
  1. Unique conditions affecting rough water rescues
  2. Specialized techniques for beaches, lakes, and rivers

**V. METHODS OF INSTRUCTION:**

- A. Lecture
- B. Discussion
- C. Practice of skills
- D. Practice teaching to be shared among the students

**VI. TYPICAL ASSIGNMENTS:**

- A. Swim stroke demonstration
- B. Practice teaching: Prepare and present a lesson on the back hand stroke.
- C. Practice and demonstrate emergency first aid procedures
- D. Practice and demonstrate techniques of lifeguarding and rescue: Demonstrate a technique in rescue.

**VII. EVALUATION(S):**

- A. Methods of Evaluation:
  - 1. Demonstrated proficiency on subject matter
  - 2. Written exams
  - 3. Practical exams
  - 4. Observation of student's teaching ability, enthusiasm and motivation
- B. Frequency of Evaluation:
  - 1. Practical or written testing weekly

**VIII. TYPICAL TEXT(S):**

American Red Cross Lifeguarding, American National Red Cross, 1990  
Bunce, Stephen, Pool Lifeguarding, The Royal Life Saving Society UK, 1990  
Whatling, Shaun, Beach Lifeguarding, The Royal Life Saving Society UK, 1994

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None**