

Murrieta Valley Unified School District
High School Course Outline
April 2004

Department: Physical Education

Course Title: Lifeguard Training

Course Number: 2797

Grade Level: 10-12

Length of Course: Semester

Prerequisite: Successful Completion of PE 9; at least 15 years of age; able to swim 500 yards continuously; and able to surface dive to the bottom of pool, retrieve a 10 lb. object and swim with it 20 yards

Course Description: This course may be taken multiple times for credit.

I. Goals

The student will:

- A. Improve and master swimming mechanics
- B. Achieve and maintain a health-enhancing level of physical fitness
- C. Demonstrate the skills and knowledge needed to prevent and respond to aquatic emergencies necessary for American Red Cross Certification in Lifeguard Training and First Aid, CPR for the Professional Rescuer, Oxygen Administration for the Professional Rescuer, and AED Essentials
- D. Demonstrate the skills and knowledge needed to meet the first aid requirements necessary for American Red Cross Certification in ARC First Aid for Public Safety Personnel (Title 22 First Aid)

II. Outline of Content for Major Areas of Study

- A. Prerequisite swimming skills test
 - 1. Swim 500 yards continuously
 - 2. Surface dive and 20 yard swim with 10 lb. object
- B. Stroke instruction and review
- C. Duties of a professional lifeguard

- D. Injury prevention
- E. Providing care in breathing emergencies
- F. Cardiac emergencies
- G. Oxygen administration for the professional rescuer
- H. Automated external defibrillation essentials
- I. First aid
- J. Patron surveillance and emergency preparation
- K. Rescue skills
- L. Care of head, neck, and back injuries in the water
- M. Lifeguard training written examination and final skills scenarios
- N. The first responder and assessment
- O. Specific injuries
- P. Muscle and bone injuries
- Q. Medical emergencies
- R. ARC first aid for public safety personnel (Title 22) written final exam

III. Accountability Determinants

- A. Daily work assessments
- B. Successful completion all required skills and final skill scenarios
- C. Written examinations (student must correctly answer 80 % or better for certification)
- D. Successful completion of skills and written exam resulting in American Red Cross certification

IV. Required Texts

American Red Cross Lifeguard Training. Boston, Massachusetts: Staywell, 2001.

American Red Cross Emergency Response, Revised Edition. Boston, Massachusetts: Staywell, 2001.

V. Supplemental Materials

American Red Cross Lifeguard Training video set (Stock #655722); American Red Cross Automated External Defibrillation Essentials video (Stock # 655725)

10 lb. object, kick boards, rescue tubes, backboards, and whistles

Disposable gloves, resuscitation masks, bag-valve-masks, adult and infant manikins, decontamination supplies, blanket/mats/towels, triangular bandages, gauze pads, roller bandages, hard and soft splints

AED training device/rhythm simulators, suctioning apparatus, oral and nasal airways

Digital video camera, tapes, tripods, editing software