

STUDENT LEARNING OUTCOMES:

At the completion of this course the successful student will be able to formulate the lifesaving techniques that achieve preventative success while understanding the value of physical fitness, aquatic fitness and safety.

Course Prefix & Number: **PE 245 F**

Semester and Year Approved:

Semester and Year Revised: **October 30, 1991**

**FULLERTON COLLEGE
COURSE OUTLINE**

Division: **Physical Education**
Department/Subject Area: **Physical Education**
Course Prefix: **PE**
Course Number: **PE 245 F**
Course Title: **Lifeguard Training/CPR**
Units: **2**
Lec Hours: Full Term Hrs/Wk. **2** Short Term Hrs. /Wk.
Lab Hours: Full Term Hrs./Wk. **1** Short Term Hrs. /Wk.
Assignment Preparation Hours:
Prerequisite, Corequisite, or Advisory Validation Date:
Prerequisite(s): **Swimming 134 F or 149 F or Skill Equivalent**
Corequisite(s):
Advisory(ies):
(Rev. 7/98) outline.wpt

□ **CATALOG DESCRIPTION**

Two hours lecture and one hour lab per week. This course is designed to develop and perfect the basic swimming strokes needed to successfully execute the various lifesaving skills, as well as improve general skills and proficiency in the water. Upon completion of the class, a student who successfully passes written and practical exams will be qualified to be certificated for an American Red Cross Emergency Water Safety , Basic Lifeguarding, or Lifeguard Training Certificate. Cardiopulmonary resuscitation is also covered in class and a certificate of completion is issued when successfully completed.

□ **SCHEDULE DESCRIPTION (max 3 lines)**

□ **ENTRY LEVEL SKILLS AND KNOWLEDGE (To be completed if required by Prerequisite Policy)**

Upon entering this course, the student needs to be able to do the following:

□ **INSTRUCTIONAL OBJECTIVES (Use measurable objectives only)**

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

- 1. Compare various safety and swimming techniques.**
- 2. Evaluate safety conditions at facilities.**
- 3. Apply safety measures in pool setting.**
- 4. Set up an acceptable safety routine in guarding.**

□ **COURSE CONTENT AND SCOPE (instructional topics or units)**

The following topics will be covered:

- 1. Self rescue skills – swimming.**
- 2. Non-swimming rescues, equipment and flotation devices.**
- 3. Small craft and water safety.**
- 4. Swimming and personal contact rescues.**