LAKE SHORE HIGH SCHOOL

**COURSE SYLLABUS**

**FOR**

**Lifeguarding**

# Length of Term: Trimester

# Credit: ½ credit

Pre-Requisite – PE 1 and completion of swimming skills test at the beginning of the class. If a student is a varsity swimmer they are exempt from the above pre requisite.

1. Course Description

To provide entry-level lifeguard candidates with the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over.

1. Text/Materials/Supplies

Lifeguard Training Manuel, Lifeguard Training Video Set, AED Essentials, Oxygen Administration, and Preventing Disease Transmission Video Set, Rescue Tubes, Backboards, Manikins, AED Training Devices, Breathing Barriers, Disposable Gloves, First Aid Supplies

1. Course Content- Students will acquire aquatic specific first aid and cardiopulmonary resuscitation (CPR) and first aid training. Students will learn advanced prevention and life saving skills that are facility specific.

By the end of the course the student will:

* 1. Demonstrate basic water rescue skills
  2. Know CPR for the Professional Rescuer.
  3. Know how to use an Automated external Defibrillator (AED).
  4. Be able to prevent disease transmission.
  5. Demonstrate basic water rescue skills.
  6. Be able to monitor an aquatic environment for safety issues in and around the area.

1. Student Expectations
   1. The students will be prepared for class, on time, with appropriate attire
   2. The students will respect each other, the teacher and school equipment.
   3. The students will be prepared to put forth their best effort, follow directions, be responsible and exhibit self-control.
2. Grading

Students will be graded in three areas:

* 1. Participation- 50%
  2. Behavior – 25%
  3. Tests – 25%