



**RADNOR TOWNSHIP SCHOOL DISTRICT
Course Overview**



**Course Name Life Guarding
Course # 0671**

General Information

Credits: 0.5

Weighted: N/A

Prerequisite: 9th & 10th Grade PE

Length: Full Year

Format: Meets on Cycle days

Grade: 11th & 12th

Course Description

Lifeguard training is offered to students during their junior and senior years. Students will be introduced to all phases of lifeguarding, including CPR/First Aid/AED training. Students must pass all practical and written requirements to receive their American Red Cross Lifeguard Certificate.

Enduring Understandings and Essential Questions

Enduring Understandings

Rules are designed to keep us safe.

All decisions have consequences.

- Fit people engage in physical activity on a regular basis.
- Fitness is a process not a product.
- Behaving well is as important as playing well.

Essential Questions

- What can I do to be physically active and why is it important?
- How can I move effectively and efficiently?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Common Assessments:

- Swim test – looking for comfort in the water while demonstrating freestyle and breaststroke
- In addition to demonstrating the ability to dive for and retrieve a ten pound brick.
- Written exams (A minimum of 80% score).
- Hands on skills testing (rescue water skills, CPR/AED/First Aid/Breathing Emergencies).

Major Units of Study:

- Passing the initial swim test:
 - A.) Swimming 300 yards continuously, using these strokes in the following order: (100 yards freestyle using rhythmic breathing, 100 yards breaststroke, and 100 yards of either freestyle or breaststroke or a combination of both strokes.
 - B.) Swimming 20 yards using freestyle or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound brick, return to the surface and swim back to the starting point with the object, keeping the head above water at all times.
- Lifesaving, CPR, and First Aid:
 - A.) Students will learn how to identify and respond appropriately to an emergency, utilizing specific skills for the task.

Materials & Texts

- Text: Lifeguarding by Stay Well
 - Video: Lifeguarding Today by American Red Cross
- Equipment: Manikins, pocket masks, Bag Valve Masks (BVM), face shields, and rescue tubes.

Summer Assignment

N/A