**Semester(s) offered:   Spring 2019**

**Berrien Springs Parent Partnership**

**Independent Study/Project Based Learning Course Description and Syllabus**

**Course Title: Jr. Lifeguarding**

**Ages/Grade Levels: Age 11-15**

**Required Swim ability**

* Swim the front crawl for 25 yards continuously while breathing to the front or side.
* Tread water for 1 minute using arms and legs.
* Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using elementary back stroke or back crawl.
* Submerge and swim a distance of 10 feet underwater.

**Class size: Min: 3 Max: 15**

**Location Name: Andrews University Beaty Pool/Gym**

**Location Address: 8522 East Campus Circle Dr. Berrien Springs MI 49104**

**Provide directions to location if necessary: Main Entry doors are in the back left corner of the parking lot.**

**Start Date: Jan 14
End Date: Apr 15**

**No Class Jan. 21, Feb. 18, Mar. 18 (various holidays and spring break)**

**Day of the Week: Circle: Monday**

**Begin and end time of class: 5:00-6:30pm**

**Contact/Instructors: Jessica Larson Aquatics Director**

**Email:** **wilsonj@andrews.edu**

**Best phone #:269.471.3257 Publish # on website? Yes**

**Does the student also need to register with you or at your location? Yes,** [**www.andrews.edu/pool**](http://www.andrews.edu/pool)

**Classes will be Pass/Fail** Successful completion requires participation in skills practice, passing the written test with a minimum 80% & successful accomplishment of the Lifeguarding prerecs.

Lifeguarding Prerecs:

1. Swim 300 yards using Front Crawl or Breast Stroke
2. Tread water for 2 min with no hands
3. Brick Retrieval Drill in 1min 40 Sec. from the Deep end, starting in the shallow end.

**Briefly describe the course, including topics to be covered and subject areas that the course will cover –this is what will be posted on our website:**

The Junior Lifeguard course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes and skills in preparation for the American Red Cross Lifeguarding course

**Weekly breakdown of instruction:**

**Not available at this time.**

**All classes must have a min. of 4 Course Objective Checkpoints unique to your class.** You will note on the attendance sheet when students have met these objectives. Write in #’s 2 and 3 here and on the attendance sheet:
 **1st: pre-test Day 1**

 **2nd: Community First Aid & CPR**

**3rd: Written Exam- Multiple Choice**

**4th: post-test Day 11**

**Final project/performance:** The student is to select, as appropriate a final project that will demonstrate what they have learned over the course of the semester and aligns with their learning goal. The student should have input into what they present as their final project. This can be in the form of a presentation, art fair, performance, recital, art gallery, written report, final exam, musical composition, product such as woodworking, jewelry, food harvest or presentation, video, graphic or other visual artwork. Completion of the final project should figure in as part of the pass or fail grade that you determine based on your rubric.

**Write in the name of the project and completion date on the attendance sheet.**

**List any materials that students are required to bring to class:**

**Students must bring a swimsuit: Females should wear a modest one-piece swimsuit, Males should wear trunks or knee length Jammers. Students should bring a notebook to class for taking notes.**

**List any required or optional online resources you will use in class or students can use to supplement:**

**No additional resources we plan to use.**

**How we plan to Assess:** How we plan to assess the student’s knowledge of the topic in a subjective manner is each student will perform the times swim on Front for their level on the first day and last day of class. Scores as a pass/fail will be recorded on the attendance form provided.

**Cost per student for entire semester, including materials and supplies: Levels= $150**

**Invoices are due 10/31 for Fall and 2/28 for Spring.**

Thank you for providing your expertise to the students in our community!