Berrien Springs Partnership Lifeguarding Syllabus (Fall Semester Only)

Instructor Qualifications: Lifeguarding Instructor for the American Red Cross

# **CLASS TITLE: Lifeguarding Certification**

# **GRADE OR AGE LEVELS:** Must be 15 by the last day of the class **START DATE: August 31 END DATE: November 30**

# **# WEEKS TOTAL: 12 WEEKS OFF: Sept 7 & Oct 12:**

# **AVAILABLE: Monday 3:30-6:30pm** # **HOURS (REQUIRED):** All Check off skills days/hours required for Certification # **HOURS (POSSIBLE): 36 hrs. TOTAL SEMESTER HOURS POSSIBLE: 36 hrs** **LOCATION/ADDRESS: DIRECTIONS TO LOCATION (if needed):**

# **Andreasen Center for Wellness 8750 West Campus Circle Dr. Berrien Springs MI 49104** **MAIN INSTRUCTOR:** Jessica Larson

# **ADDITIONAL PRIMARY INSTRUCTORS (background checked): Julie Logan**

# **CONTACT INFORMATION:** **phone:269.470.6093 email: Alyssa Walter**

# [**au.poolprograms@gmail.com**](mailto:au.poolprograms@gmail.com) **website: www.andrews.edu/pool/**

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES   
IF YES, INSTRUCTIONS FOR REGISTRATION: visit our website and click on Swim Programs, then American Red Cross Certifications, then Lifeguarding and follow the link to Register there.

# MAIN INSTRUCTOR QUALIFICATIONS: Instructor Qualifications: Lifeguarding Instructor for the American Red Cross

COURSE DESCRIPTION (complete overview shown on website):

The primary purpose of the American Red Cross Blended Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING ACTIVITY WILL BE AVAILABLE ON DAY 1 PENDING PASSING THE REQUIRED PRE-RECS DESCRIBED BELOW

# COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

*Steps to check for student understanding will include asking students if they have any questions or concerns at the beginning of class each day. Halfway through the semester, on approximately Oct 19 students will have a brief 1 on 1 meeting with the Instructor to review skills completed and those yet to be accomplished.*

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?  
All classes abide by the following:

1. Students agree to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
2. The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

**Class-specific assessment:**    
 Pre-recs for the course will take place on the first day. Bring your swimsuit and be prepared for the following:

1.Be 15 years old by the last day of class (Bring ID to verify Age on Day 1 of Class)  
 2. Tread water for 2min with no hands

3.Swim 6 laps (300yds) continuously on Front with a breathing pattern

4.Complete the 10lb brick drill recovery within 1min & 40 sec.

Certification Assessment will consist of passing 100% of the in-person skills content as well as 80% on the Written Exam and Passing the 2 exit Assessments successfully.

# ADDITIONAL RESOURCES: (online, books, video, etc.): The course is a blended learning format, tho some books are available for borrowing for the semester and additional online content registration and resources will be made available after the pre-recs are passed successfully on the first day of class.

# CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

**Attendance: All “check off” skill practice and tests are required for certification and many require multiple people to accomplish. You must make attendance a priority. If sick, email the instructor to arrange a makeup of critical content if necessary.**

**Behavior:** Be attentive, engaged, and prepared.

**Weather:**  Students will be notified as soon as possible if cancelation of class will occur and scheduling of a makeup time may be required to cover required content.

**Other:** Students should always come prepared to class, which should include a swimsuit and goggles.