

Blackhawk School District

CURRICULUM

Course Title:	Swimming: Lifeguard
Course Number:	1320 (1 st semester), 1360 (2 nd semester)
Grade Level(s):	Grades 11-12
Periods per week:	Every other day
Length of Period:	42 minutes
Length of Course:	1 semester
Credits:	.25 credits
Faculty Author(s):	Nancy Davies
Date:	Fall 2008; Revised May '09

COURSE DESCRIPTION:

Senior Life Guarding is limited to those students who have passed Intermediate Swimming and will be 16 years of age upon completion of the course. The course will cover the Red Cross Handbook and meets or exceeds all of its requirements.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE & Days	OBJECTIVES (PA standard)	RESOURCES	LESSON REFLECTION (for future revisions)
Watching Patrons (2 days) Discuss <ul style="list-style-type: none"> ❖ Dunking ❖ Running ❖ Depth of water Contact with water <ul style="list-style-type: none"> ❖ Swim with families ❖ Swim with boating ❖ Swim with bridges 	10.3.12 D Understand the benefits, risks and safety factors associated with self-selected life-long physical activities.	Lifeguard book Posted signs Experiences	
Working in pairs (8 days) <ul style="list-style-type: none"> ❖ Discuss situations ❖ Practice scenes 	10.4.9 F Understand the effects of positive and negative interactions of adolescent group members in physical activities.	Lifeguard book Movies Drills	
Partner drills (3 days) <ul style="list-style-type: none"> ❖ Individual tread ❖ 24 lengths 	10.5.9 C Identify and apply practice strategies for skill improvement.	Movies Lifeguard book Drills Practice situations Lengths	
Increase lengths (8 days) <ul style="list-style-type: none"> ❖ Brick while tread ❖ Redo skills with new partners 	10.5.9 D Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition / set.	Explain terms Demonstrations Activities & skills Written assignments	
Heimlich (5 days) CPR Rescue breathing First Aid Procedures	10.4.9 C Understanding factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status, drug / substance abuse).	Lifeguard book Movies Demonstrations Partner work	
Build up lengths & endurance (5 days)	10.4.9 A Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	Drills in water	
Escapes (5 days) Release All strokes Carries	10.5.12 A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promotes personal lifelong participation.	Rest on skills Practice all skills	
To teach others skills & techniques (5 days) Demonstrate knowledge with written skills		Test on written skills and knowledge	