



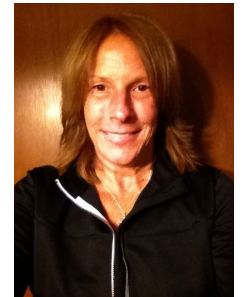
Lifeguarding

2016-2017 | West Allis Central High School



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I was born and raised in West Allis, graduate of WAC '81. I majored in Physical Education with a minor in Health from UW - Milwaukee. I earned my Master's degree from UW-LaCrosse in Professional Development. I have been teaching physical education in the WAWM school district for more than 20 years.



Course Description	Key Learning Outcomes
<p>This course is designed for students who wish to become certified in lifeguarding. This course covers the skills and knowledge needed to prevent and respond to aquatic emergencies. Students will learn CPR, first aid, water safety, and lifesaving skills. Successful completion of this course allows students to be Red Cross certified. A fee of approximately \$60.00 is required for this class to cover the cost of books, first aid supplies, and mannequin rental.</p>	<p>Students will learn all skills necessary to be certified as a Red Cross Lifeguard.</p> <p>Students will learn all skills necessary to become certified in First Aid/CPR/AED.</p> <p>Prerequisite: Must pass swim skills test prior to registration and be 16 years old. Students must be able to swim 300 yards continuously (front crawl or breaststroke), tread water for 2 minutes using only feet, and retrieve a 10 lb. brick in 10 feet.</p>

Course Assessments

The grading scale for the class is the district grading scale.

Homework/writing assignments/goal sheets/skill practice based on fitness unit or activity (formative assessment) are worth 20% of your grade.

Daily participation/Skills Tests/Written Tests (summative assessments) are worth 80% of your total grade.

Final Grade

Quarter One: 45% of your final grade.
 Quarter Two: 45% of your final grade.
 Final Exam: 10% of your final grade.

Letter Grade	Percentage
A+	97%-100%
A	93%-96%
A-	90%-92%
B+	87%-89%
B	83%-86%
B-	80%-82%
C+	77%-79%
C	73%-76%
C-	70%-72%
D+	67%-69%
D	63%-66%
D-	60%-62%
F	0%-59%

Students must score an 80% or better on the Red Cross Lifeguard and First Aid/CPR/AED test to achieve certification.

Make Ups	Units of Study				
Students have the opportunity to earn participation points back by completing a make up. Make ups can be completed before, after school, or during CAP with teacher approval.	Lifeguard Skills in the water. First Aid/CPR/AED skill check off Completion of knowledge learned from Red Cross Lifeguard manual.				
Exam Exemption Policy	Retake Policy				
Must have an A- or better in class to be exempt, 5 or fewer excused absences, 5 or fewer unexcused tardies, with no suspensions or outstanding classroom consequences.	Students may retake a written test or skill test by making an appointment with their individual teacher.				
Required Materials These items should be brought every day.	Professional Competencies Medicals				
Swimsuit Towel Lifeguard manual Optional but highly recommended for personal hygiene: soap, shampoo, deodorant, body lotion. Swim caps for those with longer hair or hair must be pulled back with a hair tie. Swim goggles may be used but not necessary.	<ul style="list-style-type: none"> · A medical is required if a student needs to be medically excused from physical education. · Must be on a doctor’s script and authorized by medical personnel. · If a student sits out with a medical for more than half the quarter, they will receive a medical instead of a grade. · New medicals are needed each year, with current date clearly indicated. · Specific conditions and limitations must be indicated on medical. · <u>Please alert the teacher of any medical conditions.</u> 				
Classroom Behavior Management System	Lock/Technology Policy				
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Verbal Warning</td> </tr> <tr> <td style="padding: 5px;">Intervention 1 - Student Conference</td> </tr> <tr> <td style="padding: 5px;">Intervention 2 - Phone Call home.</td> </tr> <tr> <td style="padding: 5px;">Office Referral</td> </tr> </table>	Verbal Warning	Intervention 1 - Student Conference	Intervention 2 - Phone Call home.	Office Referral	Each student is issued a school physical education lock. All personal belongings - backpacks, purses, technology, etc. - must be stored in their gym locker. NO technology is allowed in the locker room or pool. Personal belongings will not be allowed in the pool.
Verbal Warning					
Intervention 1 - Student Conference					
Intervention 2 - Phone Call home.					
Office Referral					
Student/Parent Signature					
I have read the Physical Education course syllabus and will adhere by the expectations.					
_____ Student Signature	_____ Parent Signature				
_____ Phone Number	_____ Email Address				

