



HUDSONVILLE HIGH SCHOOL COURSE FRAMEWORK



COURSE / SUBJECT

Lifeguarding Course/Physical Education

KEY COURSE OBJECTIVES/ ENDURING UNDERSTANDINGS (Important ideas and core processes)	UNIT PACING (names of units and approximate pacing)	UNIT LEARNING TARGETS (By the end of the unit, students will be able to. . .)	STANDARD (Which standards (i.e. common core, MMC, etc.) does this address?)
The primary purpose of the lifeguarding course is to learn the knowledge and skills needed to prevent and respond to aquatic emergencies.	1. Pre course session: Prerequisite swimming skills evaluation. (2 class periods)	<ol style="list-style-type: none"> 300 yard swim - no stopping. Tread water for 2 minutes. Legs only. Timed - Swim 20 yards, dive 7-10 ft., retrieve a 10 lb. brick and swim the brick back in 1 minute, 40 seconds. 	Physical Education Content Standards and Benchmarks: Standard 2: C. 1. Front crawl, back stroke, breast stroke, and treading.
	1. The Professional Lifeguard and facility Safety. (1 class period)	<ol style="list-style-type: none"> Describe the characteristics and responsibilities of a professional lifeguard. Define certain legal considerations and apply them to situations that might be encountered in lifeguarding. Describe ongoing training for lifeguards. Describe what it means to work as part of a lifeguard and safety team. Describe the role lifeguards play in ensuring facility safety. Identify how to ensure the safety of patrons when weather conditions create safety concerns. Explain the reasons for common rules and regulations at aquatic facilities. Demonstrate how to safely and effectively enter the water and approach the victim. 	Content Standard 5: A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity setting.

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	3. Facility Safety, Patron Surveillance and Injury Prevention. (1 class period)	<ol style="list-style-type: none"> 1. Describe the role that facility management play in facility safety. 2. Describe the drowning process. 3. Identify the behaviors of a swimmer, distressed swimmer, and an active and a passive victim. 4. Identify and define elements of effective surveillance. 5. Explain proper scanning techniques and identify tactics to overcome scanning challenges. 6. Identify various types of zones of surveillance. 7. Explain how communication with patrons plays a role in preventing injuries. 8. Explain patron surveillance techniques for various activities. 9. Explain patron surveillance techniques for facilities with special attractions. 10. Explain and demonstrate lifeguard rotation. 11. Demonstrate how to perform effective surveillance including scanning, victim recognition and lifeguard rotation. 	Content Standard 5: Level 4 A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity setting.

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~ Demonstrate competency in all required skills and activities. ~ Demonstrate competency in all final rescue skill scenarios. ~ Correctly answer at least 80 percent of all questions in each of the two sections of the final written exam. ~ Demonstrate the characteristics of a professional lifeguard and swim instructor.	4. Injury Prevention and Rescue Skills, Part 1 (2 weeks)	1. Explain patron surveillance techniques for organized groups. 2. Explain the purpose and general procedures of an emergency action plan. (EAP) 3. Demonstrate how to safely and effectively assist a distressed swimmer, rescue an active and passive victim and rescue multiple victims. 4. Demonstrate the ability to implement and EAP and perform a rescue.	Content Standard 2: Level 4 Selected Aquatic Skills
	5. Rescue Skills, Part 2 (2 weeks)	1. Demonstrate how to safely and effectively rescue a submerged victim in shallow or deep water. 2. Demonstrate how to safely and effectively perform feet-first and head-first surface dives. 3. Demonstrate how to safely and effectively perform a two-person removal of a victim from the water using a backboard.	Content Standard 2: Level 4 Selected Aquatic Skills

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	<p>6. Before Providing Care, Victim Assessment and Breathing Emergencies. (2 weeks)</p>	<ol style="list-style-type: none"> 1. Describe what standard precautions to take to prevent disease transmission when providing care. 2. Demonstrate proper removal of disposable gloves. 3. Describe the general procedures for injury or sudden illness on land. 4. Identify items of concern when conducting a scene size-up. 5. Demonstrate how to perform a primary assessment and place a victim in the HAINES recovery position. 6. Identify victim conditions that indicate the need to summon EMS personnel. 7. Understand how to safely and effectively move a victim on land. 8. Recognize and care for a breathing emergency. 9. Demonstrate how to safely and effectively give ventilations. 10. Demonstrate how to safely and effectively use a BVM with two rescuers. 11. Demonstrate how to safely and effectively care for an obstructed airway for a conscious and an unconscious. 12. Demonstrate the ability to work as a team to implement an EAP, perform a rescue and perform emergency care. 	<p>Content Standard 1: Level 4</p>

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	7. Cardiac Emergencies and Using an Automated External Defibrillator (1 -2 days)	<p>Identify the four links in the Cardiac Chain of Survival and identify the importance of each.</p> <ul style="list-style-type: none"> ▪ Recognize the signs of a heart attack. ▪ Identify the steps for caring for a victim of a heart attack. ▪ Identify signs and symptoms of cardiac arrest. ▪ Demonstrate how to safely and effectively perform one-rescuer CPR and two-rescuer CPR. ▪ Demonstrate how to use an automated external defibrillator (AED). ▪ Identify precautions for using an AED. 	Content Standard 1: Level 4

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	8. FIRST AID (2 weeks)	<ul style="list-style-type: none"> ▪ Demonstrate how to perform a secondary assessment. ▪ Identify how to recognize and care for a victim of sudden illness, injuries and shock. ▪ Demonstrate how to control external bleeding. ▪ Identify how to recognize and care for a victim of poisoning, heat-related illnesses and cold-related emergencies. ▪ Demonstrate how to immobilize muscle, bone and joint injuries. ▪ Demonstrate the ability to work as a team to implement an EAP, perform a secondary assessment and provide first aid care. ▪ Identify possible causes of head, neck or spinal injuries on land. ▪ Identify signs and symptoms of head, neck or spinal injuries. ▪ Demonstrate how to care for victims with head, neck or spinal injuries on land. ▪ Demonstrate how to perform front and rear head-hold escapes. ▪ Demonstrate how to give in-water ventilations. ▪ Demonstrate how to perform a quick removal of a victim from the water. 	Content Standard 1: Level 4
	9. Head, Neck, and Spinal Injuries in the Water (2 weeks)	Demonstrate how to care for victims with head, neck and spinal injuries in shallow and deep water.	Content Standard 1: Level 4

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	10. Final Written Exam and Final In-Water Skill Scenarios (1 day)	<ul style="list-style-type: none"> ▪ Demonstrate how to care for a victim with a head, neck, or spinal injury in shallow water. ▪ Demonstrate how to rescue an active victim in deep water. ▪ Demonstrate how to rescue a submerged passive victim in deep water and provide care. 	Content Standard 1: Level 4