

MHS COURSE MANUAL  
2023-2024

9-12 Lifeguarding: Aquatics for Fitness

Code: 6007

Credit: 1/2

Elective/Required: required

Prerequisite: None

**Course Description:** Swimming can offer anyone of any age a huge range of health benefits and career opportunities. Students in this course will use aquatics as their focus for fitness and will learn all of the skills needed to become a professional lifeguard. From First Aid and CPR/AED training to rescue and teamwork skills. This lifeguarding course effectively combines both written testing skills and comprehension along with valuable hands-on training.

The students will engage in proper swimming techniques and water safety while enjoying the benefits of water. A variety of workouts will be introduced and students will be expected to swim most days. The health related components of fitness; cardiovascular endurance, muscular strength, flexibility, muscular endurance, and body composition will be stressed. Nutrition and healthy choices will also be discussed. The goal will be to improve and achieve a balance in each of those areas while becoming lifeguard certified.

**Skills Needed to be Successful in Class:**

Students must provide good effort and participation in each of the scheduled activities, have good attendance, follow instructions, and make life saving decisions.

**Learning Goals:** The student will be able to:

1. Students will be confident and proficient in basic swimming strokes, survival skills and drowning-proof techniques.
2. Students will gain the knowledge and prevention skills of water safety in and around a pool or other bodies of water.
3. Students will understand the health benefits of swimming and water activities as a lifelong physical activity.
4. The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies.
5. Provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.
6. American Red Cross Lifeguarding-Fact-Sheet

**Careers Related to Content:** Lifeguard, Swimming Instructor, CPR trainer, PE teacher, Water aerobics instructor, Aquatics Director, Park and Recreation Management