LIFEGUARDING
2019-2020

KAMEHAMEHA HIGH SCHOOL
PHYSICAL EDUCATION DEPARTMENT

This course teaches lifeguarding participants the skills and knowledge needed to prevent, recognize and respond to aquatic emergencies and provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Instructor Info:

Kumu Krislin Young Sardinha Office: Koaiʻa Building
Email: Kryoung@ksbe.edu Phone: (808) 842-8407

Certification Requirements:

Students must:

- Attend the entire course and participate in all class sessions.
- Actively participate in all class activities, including assuming various roles during scenarios.
- Demonstrate competency in all required skills.
- Pass the final skill scenarios.
- Successfully pass final written exams with a minimum grade of 80%. If a participant fails to reach the minimum 80% on the final written exam, a retest is allowed using the other version of the exam, provided that the student has passed the practical assessment.

Grading:

Final semester grade will be comprised of student scores in the following categories:

Quizzes	20%	Chapter reviews and quizzes
Daily Performance	30%	Daily participation grade out of 4 points
Skill Test	30%	Performance assessments of applicable skills
Final Exam	20%	Average of two written final exams

If student(s) do not pass final Written Exam A and B, they may still receive a letter grade for the course but will not receive an American Red Cross Lifeguard certification.

Course Logistics:

Grading Period:	Semester 1
Credit(s) Earned:	1 elective credit
Student cost:	$60 for certification card, textbook and breathing barrier

Certificate Issued and Validity Period

The American Red Cross certifiate for Lifeguarding/First Aid/CPR/AED is valid for 2 years.