**WNYSI Final Exam**

*(Total of 45 questions, 5 true/ false, 25 multiple choice, 15 short answer)*

**Multiple choice: worth 2 points each**

1. What is the instructor to student ratio for any swim lesson?

A) 1:6

B) 1:8

C) 1:4

D) 1:9

2. What is the ratio of compressions to ventilations for 1 person child CPR?

A) 15:2

B) 15:1

C) 30:2

D) 30:1

3. How often must you renew your WNYSI Certification?

A) every year

B) every 2 years

C) never

D) every 3 years

4. What is the proper progression of using flotation devices to teach swimmers?

A) noodle, bubble belt, kickboard

B) bubble belt, noodle, kickboard

C) kickboard, noodle, bubble belt

D) none of theses are the proper progression of flotation devices

5. What is the minimum number of lessons per year you must teach to be able to renew your WNYSI Certification?

A) 4 8session lessons

B) 5 8session lessons

C) 2 8session lessons

D) 1 8session lesson

6. What is the ratio of compressions to ventilations for 2 person rescuer CPR for the child?

A) 30:2

B) 15:2

C) 30:1

D) 15:1

7. What activity would you use to help your Level 1 lesson group become acclimated to the water?

A) swimming widths

B) bobs

C) play white water, blue water

D) B and C

8. What is the first water safety rule you should discuss with your students?

A) no running

B) look before you leap

C) think so you don’t sink

D) no food on the pool deck

9. When teaching a Parent/ Child lesson, which is most important to emphasize

A) going underwater

B) blowing bubbles

C) getting comfortable being in the water

D) teaching the parents and swimmers the songs and motions

10. Why is it important to inspect the facility before and after each class you teach?

A) to check for hazards in locker rooms

B) to check for hazards in pool

C) to check for hazards in area around the pool

D) all of the above

11. As a WNYSI Certified instructor, what are your responsibilities?

A) ensure participants safety at all times

B) inspect the facility before and after each class

C) A and B

D) none of the above

12. Examples of freestyle drills that you would use for Level 6 swimmers would be:

A) thumb drag

B) three six drill

C) A and B

D) none of the above are drills you would use for Level 6

13. For a Level 1 swimmer who won’t put his or her head under the water for bobs, you should:

A) start with bobs up to their chins and progress to mouth, nose, eyes as they

get more comfortable

B) let them sit out if they don’t want to do it

C) tell them they have to put their whole head under the water

D) start with bobs up to their chins and stop there if they are not comfortable

14. Which is not a good drill to teach butterfly to Level 5 swimmers?

A) whip kicking on back

B) line touches

C) dolphin kick with arms out in front

D) one -armed butterfly

15. For a Level 2 class, which is one of the more difficult skills to teach?

A) front glide off of the wall

B) back float without support

C) arm scoops

D) flutter kick

16. When introducing a new skill to your swimmers you should:

A) only demonstrate the skill before you explain it

B) never demonstrate the skill

C) demonstrate the skill, explain it, and demonstrate again

D) explain the skill and demonstrate once

17. For the Parent/ Child lessons, the songs include:

A) Ring Around the Rosie

B) If You’re Happy and You Know it

C) The Wheels on the Bus

D) All of the above

18. To pass Level 3, swimmers should be able to swim how many yards of front crawl?

A) 15

B) 25

C) 50

D) none of the above

19. In which level should you start to teach a feet first surface dive?

A) Level 3

B) Level 4

C) Level 5

D) Level 6

20. An example of a ladder would be:

A) 25 yards, 50 yards, 75 yards, 100 yards

B) 25 yards, 50 yards, 25 yards

C) 25 yards, 50 yards, 75 yards, 50 yards, 25 yards

D) none of the above

21. What is a good game to work on forward progression and arm scoops for Level 2?

A) Red Light, Green Light

B) White Water, Blue Water

C) What Time is it Mr. Fox?

D) A and C

E) None of the above

22. When deciding if a child is ready to pass on to the next level they should be able to:

A) each of the exit skills perfectly

B) almost all of the exit skills with great difficulty

C) perform all of the skills that will be taught in the next level

D) none of the above

23. Which of these drills is a good drill to use for teaching flip turns?

A) floating flip drill

B) flip turns coming off of wall on back

C) five stroke flip drill

D) all of the above are good flip turn drills

E) none of these are good flip turn drills

24. In Level 4, how many types of kicks should the swimmers be able to use for treading water?

A) 4

B) 3

C) 2

D) 1

25. Which of the following is a requirement for Level 1?

A) being able to recover to vertical position

B) rotary breathing

C) being able to do a sitting dive

D) none of the above

**True/ False: worth 1 point each**

***For this section, if an answer is false, write the correction to the false part of the statement in the space provided below each question on the answer sheet.***

26. True or False: For Level 3, you should explain the sitting dive, have the kids try it and then demonstrate it yourself.

A) True

B) False

27. True or False: In a Bubble Belt lesson, it is most important for the swimmer to be comfortable swimming on their own with a noodle.

A) True

B) False

28. True or False: For a Level 2 class that will be swimming widths two swimmers at a time, you want to stand where you can see all of them, but it is not important to be near the two swimming.

A) True

B) False

29. True or False: You should automatically assume that a Level 4 or a Level 5 swimmer can swim in the deep end on the first day.

A) True

B) False

30. True or False: You are able to instruct swim lessons if your CPR/AED certification has lapsed.

A) True

B) False

**Short answer: worth 3 points each**

31. How long should your Level 4 lesson be?

32. Before your lesson begins, what should you have checked/ completed?

33. What area of the pool should you conduct your Level 3 lesson?

34. What type of pool equipment would you use to help teach rhythmic breathing?

35. Describe how you would handle a situation where a participant in your lesson was not listening to you and was distracting others in your lesson.

36. Create a day one lesson plan for a Level 2 class made up of 5 participants.

37. If a child in your Level 2 lesson is having trouble floating, where should you provide support/ assist in holding them up?

38. During what level should you start to introduce open turns, and when should you progress to teaching flip turns?

39. What steps would you take to teach a standing dive to swimmers in a Level 5 class?

40. Explain 3 good drills to use for teaching breaststroke for Level 4’s.

41. What tips would you give to a swimmer in Level 5 who is having trouble with their shallow angle dive?

42. Name 3 water aerobics exercises that could be used for aquatic exercise that you could teach to Level 6 swimmers.

43. Name 3 strokes that can be used for recovery or recreational swimming.

44. What is the goal of the Lifeguard Prep course?

45. What should you do if a parent is hovering by the side of the pool and distracting their child during the lesson?

WNYSI Final Exam Answer Sheet

*Multiple Choice:  1-25*

1.  \_\_\_\_\_\_\_ 10.  \_\_\_\_\_\_\_ 19.  \_\_\_\_\_\_\_

2.  \_\_\_\_\_\_\_ 11.  \_\_\_\_\_\_\_ 20.  \_\_\_\_\_\_\_

3.  \_\_\_\_\_\_\_ 12.  \_\_\_\_\_\_\_ 21.  \_\_\_\_\_\_\_

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8.  \_\_\_\_\_\_\_ 17.  \_\_\_\_\_\_\_

9.  \_\_\_\_\_\_\_ 18.  \_\_\_\_\_\_\_

*True/ False:  26-30*

26.  \_\_\_\_\_\_\_

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*Short Answer:  31-45*

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