PHYED 22 Course Outline as of Spring 2011

CATALOG INFORMATION

Dept and Nbr: PHYED 22   Title: WATER SAFETY INSTRUCTOR
Full Title: Water Safety Instructor
Last Reviewed: 2/10/2003

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.50	Lab Scheduled	2.00	1	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00   Total Student Learning Hours: 140.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 39 - Total 2 Times
Also Listed As:
Formerly: PE 7

Catalog Description:
Advanced techniques and methods of teaching swimming and water safety skills leading to American Red Cross WSI certificate. Students must be 17 years old by the end of the course. Instructor Candidate Training, a Red Cross prerequisite for this course, will be taught as part of the course.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KAQUA 21 (or KINES 21 or PHYED 21 or PE 6)

Limits on Enrollment:

Schedule of Classes Information:
Description: Advanced techniques and methods of teaching swimming and water safety skills leading to American Red Cross WSI certificate. Students must be 17 years old by the end of the course. Instructor Candidate Training, a Red Cross prerequisite for this course, will be taught as part of the course. (Grade or P/NP)
Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 21 (or KINES 21 or PHYED 21 or PE 6)
Limits on Enrollment:
Transfer Credit:
Repeatability: Total 2 Times

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**		Effective:	Inactive:
CSU GE:	**Transfer Area**		Effective:	Inactive:
IGETC:	**Transfer Area**		Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:	
UC Transfer:		Effective:	Inactive:	

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:
Upon completion of the course the student will:
1. Demonstrate the following qualities required of a Red Cross
   Representative and role model by:
   a. Identifying the Red Cross in their courses.
   b. Representing the Red Cross in a positive manner.
   c. Providing participants with information on other water
      safety courses.
2. Be able to plan, conduct and evaluate swimming and water safety
   courses.
3. Demonstrate the required skills at an acceptable level of
   performance.
4. Qualify for Red Cross certification in Instructor Candidate Training
   and as a Water Safety Instructor (WSI).

Topics and Scope:

I. Instructor Candidate Training Course
   A. Understanding Students and the Learning Process
   B. Being an Effective Instructor
   C. Conducting a Course
      1. Teaching methods
         a. Knowledge
         b. Attitudes
         c. Motor skills
         d. Instructional aides
      2. Completing evaluations, records and reports
   D. Planning to Teach

E. Representing the Red Cross
F. Written Exam
II. Water Safety Instructor Pre-Course session
   A. In Water Skills
   B. Pre-Course Exam (written)
III.   Water Safety Instructor Course
   A. Orientation to Course Materials
   B. Hydrodynamic Principles
   C. Teaching Progressions
      1. Front crawl
      2. Back crawl
   D. Developing Block Plans and Lesson Plans
   E. Teaching Progressions
      1. Breaststroke
      2. Butterfly
   F. Motor Learning Theory
   G. Teaching Progression
      1. Elemenrary Backstroke
      2. Sidestroke
   H. Practice Teaching I
   I. Teaching Progressions for Turns
      1. Flip turn for front crawl
      2. Backstroke flip turn
      3. Speed turns
         a. Breaststroke
         b. Butterfly
   J. Cultural Diversity
   K. Practice Teaching II
   L. Diving
      1. Diving progressions from deck
      2. Springboard diving progressions (if water depth permits)
   M. Practice Teaching III
   N. Rescue breathing/incorporating rescue breathing and CPR into
       the Learn To Swim Program
   O. Infant and Preschool Aquatics Program
   P. Stroke Evaluation, Analysis and Refinement
   Q. Community Water Safety Course
   R. Practice Teaching IV
   S. Teaching Progressions
      1. Safety
      2. Rescue skills
   T. Special Populations
      1. Persons with disabilities
      2. Adult learners
   U. Teaching Progressions
      1. Grab start
      2. Backstroke start
   V. Aquatic Games and Sports
      1. Fitness principles/conditioning
      2. Games and water activities
      3. Competition
   W. Practice Teaching V

X. Risk Management
    1. Spinal injury management
    2. Spinal injury rescue techniques
Y. Other Programs
    1. Safety Training for Swim Coaches
    2. Water Safety Instructor Aide training
    3. Materials for children
Z. American Red Cross Policies and Procedures
ZZ. Final Written Exam

Assignment:

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, Term papers	Writing 10 - 30%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

NONE	Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams	Skill Demonstrations 20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false	Exams 20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE	Other Category 30 - 50%

Representative Textbooks and Materials:
American Red Cross Swimming and Diving
American Red Cross Water Safety Instructor's Manual
American Red Cross Infant and Preschool Aquatic Program Parent's Guide
American Red Cross Instructor Candidate Training Participant's Manual
American Red Cross Waddles Presents AQUACKtic Safety
Strongly recommended:American Red Cross Longfellow's Whale Tales

American Red Cross Safety Training for Swim Coaches
American Red Cross Safety Training for Swim Coaches
Instructor's Manual