

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: July 2012

I. Course Prefix and Number: PE 244

Course Name: Water Safety Instructor

Credit Hours and Contact Hours: 2 credit hours, 2 contact hours

Catalog Description including pre- and co-requisites: This advanced swimming course includes instruction in the fundamental aquatic skills, including the 6 levels of American Red Cross swimming and diving skills, Basic Water Rescue, and Learn to Swim Parent and Child Aquatics. Emphasis is placed on the instructional techniques and methodology to prepare students to teach aquatic skills and supervise aquatic facilities and programs. Prerequisites: Must be 17 years of age and demonstrate basic swimming skills. An additional fee is required for Red Cross certification.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Identify and implement key elements and strategies for planning and preparing effective and safe swim lessons.
2. Identify key class management principles, elements and strategies for planning, preparing and conducting safe swim lessons.
3. Describe the importance of effective observation for teaching and how to develop it.
4. Evaluate and critique swimming skills and accurately classify, then suggest appropriate interventions to improve them.
5. Illustrate how to write, execute and evaluate lesson plans.

Relationship to Academic Programs and Curriculum:

The course will provide Physical Education majors and potential teachers the opportunity to understand the principles of teaching aquatic skills and develop instructional techniques that will assist the student in preparation of becoming a teacher.

College Learning Outcomes Addressed by the Course:

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| <input checked="" type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input checked="" type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

Instructor and Participant Manuals, CD-ROM and video presentation.

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

- Lecture
- Discussion
- Demonstration
- Video
- Physical participation in aquatic activities

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of evaluation must be communicated through the Course Outline that is given to the students the first week of the semester. Possible evaluation methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and teaching performance. Such assessments and related assignments will develop critical thinking techniques, oral communication, reading and writing skills, along with developing ethics and values regarding an appreciation of lifetime physical activity while improving professional competency of potential teachers.

V. General Outline of Topics Covered:

- Administration
- Preparing to teach
- Development and Learning
- Teaching Principles
- Course Planning
- Class Organization
- Outline for Learn to Swim Levels
- Support Techniques
- Teaching Basic Skills
- Teaching Strokes
- Teaching Starts and Turns
- Teaching Diving
- Overview of Parent and Child Aquatics
- Water Safety Outreach
- Basic Water Rescue Course Outline
- Customizing for Disabilities
- Customizing for Adult Learners
- Customizing with Games and Water Activities
- Customizing by Integrating Fitness Components