

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 231 Water Safety Instruction

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS: None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

American Red Cross Instructor candidate training and water safety instruction. Follows the National Red Cross instructor course, learning levels of basic swim instruction, aquatic activities, and emergency rescue. National certifications can be earned by students 17 years of age or older upon successful completion of topics. Prepares an individual for teaching job opportunities at an aquatic facility. CSU; UC.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

- I. analyze and explain the use of block plans and lesson plans for classes.
- II. identify methods of instruction and determine which to use:
 - A. Lecture
 - B. Skill demonstration/practice
 - C. Group discussion
 - D. Brainstorm
- III. evaluate the seven levels of basic swim classes, parent and tot program and the community water safety program.
- IV. apply principles of a safe learning environment.
- V. apply hydrodynamic principles of proper body mechanics relating to swim skills.
- VI. evaluate students' skills and provide corrective feedback.
- VII. apply principles of sound teaching techniques in aquatic activities; water exercise, swim team, board diving, and life-time fitness.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Terminology of aquatic skills
 - A. Infant preschool
 - B. Youth swim
 - C. Competitive programs
 - 1. Swim
 - 2. Polo
 - 3. Synchronized swim
 - 4. Diving

- II. Aquatic activities
 - A. Diving
 - B. Adaptive
 - C. Aquatic exercise
 - D. Games

- III. Stroke techniques
 - A. Six basic strokes.
 - 1. Arms
 - 2. Legs
 - 3. Breathing

- VI. Principles of training
 - A. Cardiovascular
 - B. Flexibility

- V. Safety in aquatic environments
 - A. Rescue techniques
 - 1. Pool
 - 2. Beach
 - 3. Lakes & ponds

REQUIRED READING:

Fundamentals of Instructor Training. American Red Cross. Washington, DC: 2001.

Swimming and Diving. American National Red Cross. St. Louis, Missouri: Mosby Lifeline, 2000.

Swimming and Diving Instructor Manual. American National Red Cross. St. Louis: Missouri, 2000.

SUGGESTED READING:

None.

REQUIRED WRITING:

Students analyze strokes and write a one-page paper on errors and corrective feedback for a partner in class. Write two one-page lesson plans to teach from. Each student will demonstrate the six different styles of swimming plus other aquatic skills. Write a one-page evaluation of other students' teaching skills.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study text, handouts, and lecture notes. Practice skills and swim strokes, analyze videos, and study for exams. Observe two swim programs at other swimming pool locations.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation/Teaching presentation	60%
Two written exams	20%
Practical strokes, skill exams, lesson plans	10%
Stroke analysis and game activities	10%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 1

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Patricia B. Waterman, Extension 2485

SIGNATURES ON FILE