



El Camino College
COURSE OUTLINE OF RECORD – Official

| | |
|-------------------------------------|--|
| Subject: | PE |
| Course Number: | 248 |
| Descriptive Title: | Swimming, Water Safety Instructor |
| Division: | Health Sciences and Athletics |
| Department: | Physical Education |
| Course Disciplines: | Physical Education |
| Catalog Description: | <p>This course follows the American Red Cross (ARC) Water Safety Instruction (WSI) program and provides an opportunity for instructor certification. Principles and methods of teaching swimming, diving, water aerobics, and water safety are taught. Course activity also includes practice teaching.</p> <p>Note: Certification requires passing both ARC practical and written examinations.</p> <p>Note: This course is offered spring semester only.</p> |
| Prerequisite: | |
| Co-requisite: | |
| Recommended Preparation: | eligibility for English 1A |
| Enrollment Limitation: | American Red Cross Mandates - Level 4 swimming ability and minimum age of 16 years at start of course |
| Hours Lecture (per week): | 1 |
| Hours Laboratory (per week): | 3 |
| Outside Study Hours: | 2 |
| Total Hours: | 72 |
| Course Units: | 2 |
| Grading Method: | Letter Grade only |
| Credit Status: | Credit, degree applicable |
| Transfer CSU: | Yes |
| Effective Date: | Prior to July 1992 |
| Transfer UC: | Yes |
| Effective Date: | Prior to July 1992 |
| General Education: | ECC |
| Term: | |

| | |
|-----------------------------------|---|
| | Other: |
| | CSU GE: |
| | Term: |
| | Other: |
| | IGETC: |
| | Term: |
| | Other: |
| Student Learning Outcomes: | <p>SLO #1 Lesson Plans</p> <p>Students will develop lesson plans to teach swimming skills and water safety to a diverse population.</p> <p>SLO #2 Age-appropriate Techniques</p> <p>Students will demonstrate age-appropriate techniques to teach swimming skills and water safety to both kids and adults.</p> <p>SLO #3 Workout Routines</p> <p>Students will create workout routines for water aerobics or fitness swimming by applying the principles of hydrodynamics and general fitness training fundamentals as applied to the aquatic environment.</p> |
| Course Objectives: | <ol style="list-style-type: none"> 1. Identify the goals, history and philosophy of an ARC instructor. 2. Plan, conduct and evaluate American Red Cross Swimming and Water Safety courses for diverse populations such as geriatrics, pregnant women, and individuals with disabilities. 3. Demonstrate the required ARC and WSI swimming skill standards. 4. Identify the certification requirements for the WSI and recertification. 5. Evaluate a swimming environment to ensure and maintain safety. |
| Major Topics | <p>I. Orientation to course and instructor candidate training materials (2 hours, lecture)</p> <p>II. Hydrodynamic principles (4 hours, lab)</p> <p>III. Teaching progressions for swimming strokes (4 hours, lab)</p> <p>IV. Developing lesson plans and class organization (8 hours, lecture)</p> <ul style="list-style-type: none"> • Cultural Sensitivity • Age Sensitivity • Fear Sensitivity <p>V. Motor learning theory (8 hours, lecture)</p> <p>VI. Competitive swimming techniques such as starts and turns (6 hours, lab)</p> <p>VII. Diving progressions, Springboard diving (6 hours, lab)</p> |

| | |
|---|---|
| | <p>VIII. Active teaching for all ages (12 hours, lab)</p> <p>A. Infant and pre-school program B. ARC materials for children C. Teaching adults</p> <p>IX. Disabled swimmers and their special needs (4 hours, lab)</p> <p>X. Conditioning principles and water aerobics (4 hours, lab)</p> <p>XI. Aquatic program planning and risk management (4 hours, lab)</p> <p>XII. Water safety instructor aide (4 hours, lab)</p> <p>XIII. Red Cross policies and procedures (4 hours, lab)</p> <p>XIV. Personal development/employment (2 hours, lab)</p> |
| Total Lecture Hours: | 18 |
| Total Laboratory Hours: | 54 |
| Total Hours: | 72 |
| Primary Method of Evaluation | 3) Skills demonstration |
| Typical Assignment Using Primary Method of Evaluation: | Develop a lesson plan from which you will teach your peers. The lesson plan will include warm-up drills, thermal adjustment, explanation, demonstration, and practice of new skills. Safety factors, cue words and diagrams of student movement patterns are required as part of your teaching strategy. |
| Critical Thinking Assignment 1: | Observe a swimmer in the water performing the breaststroke and evaluate his/her performance according to hydrodynamic principles and the science of swimming before providing verbal corrective feedback to help the swimmer improve his/her performance. |
| Critical Thinking Assignment 2: | Plan a series of lessons to teach swimming and water safety appropriate to the age, level of ability, prior experience, and length of time available for instruction for a certain individual. Submit written lesson plans to instructor. |
| Other Evaluation Methods: | Class Performance, Multiple Choice, Performance Exams, Written Homework, Other (specify) |
| Instructional Methods: | Demonstration, Discussion, Lab, Lecture, Multimedia presentations |
| If other: | |
| Work Outside of Class: | Answer questions, Problem solving activity, Required reading, Skill practice, Study, Written work (such as essay/composition/report/analysis/research) |
| If Other: | |
| Up-To-Date Representative Textbooks: | American Red Cross. <u>Swimming and Water Safety</u> . Staywell Publishing, 2014. Discipline Standard American Red Cross. <u>Water Safety Instructor's Manual</u> . Staywell Publishing, 2019. |
| Alternative Textbooks: | |

| | |
|--|--|
| Required Supplementary Readings: | |
| Other Required Materials: | |
| Requisite: | |
| Category: | |
| Requisite course(s): List both prerequisites and corequisites in this box. | |
| Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). | |
| Requisite: | |
| Requisite and Matching Skill(s): Bold the requisite skill(s). If applicable | |
| Requisite course: | |
| Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). | |
| Requisite: | eligibility for English 1A |
| Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable | <p>This course involves reading college level textbooks and has lesson plan writing assignments. A student's success in the class will be enhanced if they have these both reading and writing skills.</p> <p>Reading skills to understand and interpret information from textbooks and writing skills to express themselves with written lesson plan assignments.</p> <p>ENGL 1 - Summarize, analyze, evaluate, and synthesize college-level texts.</p> <p>ENGL 1 - Write a well-reasoned, well-supported expository essay that demonstrates application of the academic writing process.</p> |
| Enrollment Limitations and Category: | American Red Cross Mandates - Level 4 swimming ability and minimum age of 16 years at start of course |
| Enrollment Limitations Impact: | |
| Course Created by: | Rudy Kroon |

| | |
|---|---------------|
| Date: | 12/01/1956 |
| Original Board Approval Date: | |
| Last Reviewed and/or Revised by: | Linda Delzeit |
| Date: | 03/30/2022 |
| Last Board Approval Date: | 06/20/2022 |