

Course Outline of Record

1. Course Code: KINE-306
2.
 - a. Long Course Title: Water Safety Instructor I
 - b. Short Course Title: WATER SAFETY INST I
3.
 - a. Catalog Course Description:
 The Water Safety Instructor I course will be focused on implementing water safety and developing teaching methods of swimming for parent and child aquatics, preschool aquatics and infants. The course content is in alignment with the American Red Cross. This is the first course of a two course certificate to provide valuable skills and training for students to be eligible for water safety instructor certification with the American Red Cross.
 - b. Class Schedule Course Description:
 The Water Safety Instructor I course will be focused on implementing water safety and developing teaching methods of swimming for parent and child aquatics, preschool aquatics and infants. The course content is in alignment with the American Red Cross. This is the first course of a two course certificate to provide valuable skills and training for students to be eligible for water safety instructor certification with the American Red Cross.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - WATER SAFETY INSTRUCTOR Certificate of Completion
4. Total Units: 0 Total Semester Hrs: 20.00
 Lecture Units: 0 Semester Lecture Hrs: 20.00
 Lab Units: 0 Semester Lab Hrs: 0
 Class Size Maximum: 35 Allow Audit: No
 Repeatability Noncredit - Unlimited
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
 - a. American Red Cross. *Swimming and Water Safety*. Krames Stay Well Strategic Partnerships Division , 04-01-2014.
7. Entrance Skills: *Before entering the course students must be able:*
8. Course Content and Scope:

Lecture:

1. Water Safety Instruction and Facility Planning
2. Instructor Responsibilities
3. Instructor and Instructor Trainer Resources
4. Facility Considerations
5. Class Safety when Designing Swimming Lesson Plans
6. The Importance of Records and Reports
7. Course Evaluation

8. Promoting Effective Learning for Preschool and Parent and Child aquatics
9. Stages of Learning a Motor Skill for Preschool and Parent and Child aquatics
11. Effective Teaching Strategies and Swimming for Infants, Preschool and Parent and Child aquatics and Preschool aquatics
12. Planning and Conducting Effective and Safe Swim Lessons for Infants, Preschool and Parent and Child aquatics
13. Class Organization
14. Precautions to take if using flotation devices
15. Integrating Water Safety into the Course
16. Water Safety as Part of Learning to Swim in Infants, Preschool and Parent and Child Aquatics
17. Basic Water Safety Rules
18. Recognizing the Lifeguards
19. General Water Safety Around the Home
20. The Importance of Wearing a Lifejacket
21. Equipment and Skills Necessary for Parent and Child Aquatics Level 1
22. Equipment and Skills Necessary for Parent and Child Aquatics Level 2
23. Equipment and Skills Necessary for Parent and Child Aquatics Level 3
24. Equipment and Skills Necessary for Parent and Child Aquatics Level 4
25. Administrative Responsibilities for Water Safety Instructor for Preschool and Parent and Child Aquatics
26. Safety Considerations for Water Safety Instructor for Preschool and Parent and Child Aquatics
27. Recommended Equipment and Skills for Preschool Aquatics Level 1
28. Recommended Equipment and Skills for Preschool Aquatics Level 2
29. Recommended Equipment and Skills for Preschool Aquatics Level 3
30. Recommended Equipment and Skills for Preschool Aquatics Level 4
31. Learn to Swim Programming and Evaluation for Water Safety Instructors
32. Administrative Notes for Learn to Swim Water Safety Instructors
33. Safety Considerations for Learn to Swim Water Safety Instructors
34. Recognizing and Rewarding Achievement in Learn to Swim Courses
35. Recognizing and Rewarding Achievement in Water Safety Courses

36. Positive and Motivating Traits of a Water Safety Instructor
37. The Danger of Drains
38. Recreational Water Illnesses
39. Sun Safety
40. Safety at the Beach and at the Waterpark
40. Reaching Assists
41. Swim As a Pair Near a Lifeguard's Chair
41. Water Toys and Their Limitations
42. Recognizing an Emergency
43. How to Call for Help and the Importance of Knowing First Aid and CPR in Aquatic Emergencies

Lab: *(if the "Lab Hours" is greater than zero this is required)*

9. Course Student Learning Outcomes:

1.
 1. Identify safety considerations when working with young children and their parents.
 2. Apply proper techniques and skills of the freestyle or front crawl stroke when working with preschool children.
 3. Demonstrate effective ways to recognize and reward achievement as a water safety instructor.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Implementing water safety into special programming for categories such as; infants, preschool, and parent and child.
- b. Employ different strategies and safety methods for developing a parent and child aquatic course.
- c. Comprehend and apply the different skills necessary to teach in a parent and child aquatics class level 1.
- d. Comprehend and apply the different skills necessary to teach in a parent and child aquatics class level 2.
- e. Comprehend and apply the different skills necessary to teach in a parent and child aquatics class level 3.
- f. Comprehend and apply the different skills necessary to teach in a parent and child aquatics class level 4.
- g. Demonstrate safety considerations when instructing swimming with preschool children.
- h. Demonstrate effective programming for preschool aquatics level 1.
- i. Demonstrate effective programming for preschool aquatics level 2.
- j. Illustrate various water safety instruction techniques for preschool level 3.
- k. Illustrate various water safety instruction techniques for preschool level 4.
- l. Identify valuable learn to swim guidelines and evaluation strategies for water safety instructors.
- m. Construct positive ways to recognize and reward achievement as a water safety instructor.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Discussion
- e. Individualized Study
- f. Lecture

- g. Observation
- h. Participation
- i. Role Playing
- j. Self-exploration

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 20.00

Outside Class Hours: 40.00

a. In-class Assignments

1. Skill practice and instruction with special programming for parents and children.
2. Skill practice and instruction with special programming for various levels in preschool children.
3. Show and tell: the water safety instructor provides information and expectations that keep the participants engaged and answering questions that indicate they understand.
4. Evaluate participants' independent skill demonstration and provide appropriate feedback.

b. Out-of-class Assignments

1. Reading
2. Develop out-of-class motivational charts to document skill improvement and mastery.
3. Creative lesson programming for water safety and learn to swim instruction.
4. Brochure to promote independent job skills and knowledge

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
- Critiques
- Self-paced testing
- Field/physical activity observations
- Computational/problem solving evaluations
- Presentations/student demonstration observations
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- True/false/multiple choice examinations
- Mid-term and final evaluations
- Student participation/contribution
- Student preparation
- Oral and practical examination

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO - Career and Technical Education

Fulfill the requirements for an entry- level position in their field.

Display the skills and aptitude necessary to pass certification exams in their field.

IO - Personal and Professional Development

Display habits of intellectual exploration, personal responsibility, and physical well being.

16. Comparable Transfer Course

University System

Campus

Course Number

Course Title

Catalog Year

17. Special Materials and/or Equipment Required of Students:

1. Minimum age of 16 years old
2. Demonstrate proficiency in six strokes: front crawl (freestyle), back crawl (backstroke), elementary backstroke, sidestroke, breaststroke, and butterfly- 25 yards per stroke
3. Tread water for 1 minute
4. Back float for 1 minute

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

This course will provide valuable job related skills and knowledge for employment opportunities in the field of recreation, health and fitness.

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
 b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Pass/No Pass Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000580304
- b. T.O.P. Code [CB03]: 83570.00 - Aquatics and Lifesaving
- c. Credit Status [CB04]: N - Noncredit
- d. Course Transfer Status [CB05]: C = Non-Transferable
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Clearly Occupational
- g. Course Classification [CB11]: J - Workforce Preparation Enhanced Funding
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: J - Workforce Preparation
 - l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): WATER SAFETY INSTRUCTOR

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 30
 Third Year: 35

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the

Course: Yes

28. Originator Wendy Ansley Origination Date 07/23/16
