

# KINE 307: WATER SAFETY INSTRUCTOR II

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**Originator**

wansley

**Justification / Rationale**

Code Alignment Project

**Effective Term**

Spring 2020

**Credit Status**

Noncredit

**Subject**

KINE - Kinesiology

**Course Number**

307

**Full Course Title**

Water Safety Instructor II

**Short Title**

WATER SAFETY INST II

**Discipline****Disciplines List**

Vocational (short-term): Noncredit

**Modality**

Face-to-Face

**Catalog Description**

The course will provide instruction in how to teach the basic strokes of swimming such as front crawl (freestyle), back crawl (backstroke), elementary backstroke, sidestroke, breaststroke, butterfly, flip turns and diving to children and adults. The course content is in alignment with the American Red Cross and will include skill proficiency and written assessments. The course is the second course of a two course certificate. Upon successful completion of the two course certificate, the students will be eligible to take an exam applicable to Water Safety Instructor certification with the American Red Cross. The American Red Cross certificate fees are required of each student that successfully completes this two course certificate for Water Safety Instructor.

**Schedule Description**

The course will provide instruction in how to teach the basic strokes of swimming such as front crawl (freestyle), back crawl (backstroke), elementary backstroke, sidestroke, breaststroke, butterfly, flip turns and diving to children and adults. The course content is in alignment with the American Red Cross and will include skill proficiency and written assessments. The course is the second course of a two course certificate. Upon successful completion of the two course certificate, the students will be eligible to take an exam applicable to Water Safety Instructor certification with the American Red Cross. Students receive a Pass/No Pass grade mark. Prerequisite: KINE 306

**Lecture Units**

0

**Lecture Semester Hours**

20

**Lab Units**

0

**In-class Hours**

20

**Out-of-class Hours**

40

**Total Course Units**

0

**Total Semester Hours**

60

**Prerequisite Course(s)**

KINE 306

**Required Text and Other Instructional Materials****Resource Type**

Manual

**Author**

American Red Cross

**Title**

Swimming and Water Safety

**Publisher**

Krames Stay Well Strategic Partnerships Division

**Year**

2014-04-01

**Class Size Maximum**

35

**Course Content**

1. Swimming and Water Safety Program for various levels of Children and Adults
2. Water Safety Instructor Responsibilities
3. Instructor and Instructor Trainer Resources
4. Facility Considerations
5. The Importance of Class Safety
6. The Importance of Records and Reports
7. Course Evaluation
8. The Stages of Learning a Motor Skill in swimming and creative teaching strategies for Children and Adults during these Motor Learning Stages
10. Effective Teaching Strategies and Swimming for Children and Adults, with diverse levels
11. Planning and Conducting Effective and Safe Swim Lessons for various levels of Children and Adults
12. Class Organization for Teaching Swimming to Children and Adults
13. Recommended Equipment and Skills for Aquatics Levels 1, Children and Adults
14. Recommended Equipment and Skills for Aquatics Level 2, Children and Adults
15. Recommended Equipment and Skills for Aquatics Level 3, Children and Adults
16. Recommended Equipment and Skills for Aquatics Level 4, Children and Adults
17. Recommended Equipment and Skills for Aquatics Level 5, Children and Adults
18. Recommended Equipment and Skills for Aquatics Level 6, Children and Adults
19. Precautions to take if using Flotation Devices
20. Integrating Water Safety into the Course
21. Recognizing the Lifeguards
22. General Water Safety Around the Home
23. The Importance of Wearing a Lifejacket
24. The Danger of Drains
25. The Importance Sun Safety and being a Swim Instructor
26. Recognizing an Emergency
27. The Importance of First Aid and CPR in Aquatic Emergencies
28. Reaching Assists
29. Swim as a Pair Near a Lifeguard's Chair
30. Boating and Water Safety

31. Teaching People of Different Ages
32. Teaching People Who Move, Learn, Communicate or Behave Differently
33. Aquatic Programming Creative Options
34. Helping Participants Succeed, Motivational Strategies
35. Teaching People with Sensory Impairments
36. Teaching People with Impaired Mobility
37. Teaching People with Medical Conditions
38. Teaching People with Developmental Disabilities
39. Teaching People with Learning Disabilities
40. Teaching People with Emotional or Behavioral Disabilities

### Course Objectives

Objectives	
Objective 1	Identify instructor responsibilities of a water safety instructor.
Objective 2	Assess the facility and layout when developing a water safety program.
Objective 3	Develop and implement a plan and to ensure safety for your students when they are learning to swim.
Objective 4	Identify how to call for help and the importance of knowing First Aid and CPR.
Objective 5	Evaluate how to recognize emergencies as a water safety instructor.
Objective 6	Recognize the diverse learning styles of teaching people of different ages.
Objective 7	Give example of aquatic programming options to people who move, learn, communicate and behave differently.
Objective 8	Comprehend and apply the different skills necessary to teach children and adults aquatics class level 1.
Objective 9	Comprehend and apply the different skills necessary to teach children and adults aquatics class level 2.
Objective 10	Comprehend and apply the different skills necessary to teach aquatics children and adults level 3.
Objective 11	Comprehend and apply the different skills necessary to teach aquatics class level 4.
Objective 12	Comprehend and apply the different skills necessary to teach aquatics children and adults level 5.
Objective 13	Comprehend and apply the different skills necessary to teach children and adults aquatics level 6.

### Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Explain Water Safety instructor responsibilities.
Outcome 2	Apply principles of learning motor skills when teaching techniques in swimming.
Outcome 3	Articulate the importance of water safety as part of learning how to swim.

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	
Technology-based instruction	
Self-exploration	
Role Playing	
Observation	
Lecture	
Discussion	
Demonstration, Repetition/Practice	
Collaborative/Team	

### Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
College level or pre-collegiate essays		
Oral and practical examination		
Self-paced testing, Student preparation		

Student participation/contribution

Mid-term and final evaluations

Tests/Quizzes/Examinations

Self/peer assessment and portfolio evaluation

Presentations/student demonstration observations

Computational/problem-solving evaluations

Field/physical activity observations

Reading reports

Critiques

Written homework

### Assignments

#### Other In-class Assignments

1. Develop class organization and strategies to help participants learn in a group project.
2. Practice skill technique and instruction cueing of the major strokes in swimming.
3. Evaluate facility safety and illustrate water safety principles that would apply to your instruction.
4. Develop methods to promote, motivate and instill participant success.

#### Other Out-of-class Assignments

1. Develop a lesson plan to improve the biomechanics of the breaststroke.
2. Develop a lesson plan to teach proper technique of the butterfly to an eight year old child.
3. Develop a lesson plan for someone who has impaired mobility.

#### Grade Methods

Pass/No Pass Only

### MIS Course Data

#### CIP Code

31.9999 - Parks, Recreation, Leisure, and Fitness Studies, Other.

#### TOP Code

083570 - Aquatics and Lifesaving

#### SAM Code

B - Advanced Occupational

#### Basic Skills Status

Not Basic Skills

#### Prior College Level

Not applicable

#### Cooperative Work Experience

Not a Coop Course

#### Course Classification Status

Workforce Prep Enhanced Funding

#### Approved Special Class

Not special class

#### Noncredit Category

Workforce Preparation

#### Funding Agency Category

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Not transferable

**Allow Audit**

No

**Repeatability**

Yes

**Repeatability Limit**

NC

**Repeat Type**

Noncredit

**Justification**

Upon successful completion of the two course certificate, the students will be eligible to take an exam applicable to Water Safety Instructor certification with the American Red Cross.

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Curriculum Committee Approval Date**

03/21/2019

**Academic Senate Approval Date**

03/28/2019

**Board of Trustees Approval Date**

05/17/2019

**Course Control Number**

CCC000580303

**Programs referencing this course**

Water Safety Instructor Certificate of Completion (<http://catalog.collegeofthedesert.eduundefined?key=184/>)