HPE226: WATER SAFETY INSTRUCTOR

I. Prerequisite: HPE225 or current lifeguard training certificate. 
2 semester hours credit

Water Safety Instructor will examine the principles of teaching swimming. The student will have the opportunity to learn techniques essential to the learning process through study and practice. Water Safety Instructor will meet the P.E. requirement for the Associate Degree. (S)

II. GENERAL COURSE OBJECTIVES

Upon completion of this course, the student will be able to:

A. Demonstrate the knowledge to plan, conduct, and evaluate swimming and water safety courses.

B. Demonstrate the knowledge and the qualities required of a Red Cross representative and role model.

C. Demonstrate the ability to maintain and complete records and reports.

D. Demonstrate the ability to perform swimming and diving skills with a high degree of skill for accurate demonstrations.

E. Demonstrate the ability to organize classes for maximum activity and provide an effective teaching and learning experience.

F. Demonstrate the ability to analyze skills and make corrections.

II. COURSE OUTLINE (COURSE CONTENT WILL BE DRAWN FROM THIS)

A. Skills Pre-test

B. Written Pre-test

C. Instructor Candidate Training
   1. Lecture
   2. Video
   3. Written text

D. Stroke Practice and Analysis
   1. Frontcrawl
   2. Backcrawl
   3. Elementary Backstroke
   4. Sidestroke
   5. Breaststroke
   6. Butterfly

E. Physical Laws
F. Practice Teaching in All Areas
   1. Infant/preschool aquatic program
   2. Learn to Swim levels
   3. Community water safety

G. Setting Up Learn To Swim Programs

H. Methods of Teaching
   1. Whole
   2. Part-whole
   3. Progressive Part
   4. Station to Station

I. American Red Cross Policies and Procedures and Local Chapter Information

IV. UNIT OBJECTIVES

A. Skills Pre-test
   1. Successfully demonstrate the entry skills necessary for participation in course.

B. Written Pre-test
   1. Take pre-test to illustrate knowledge present at beginning of class

C. Instructor Candidate Training
   1. View video, attend all lectures, participate in discussions and successfully complete written test with 80% or better

D. Stroke Practice and Analysis
   1. Understand and successfully demonstrate the water skills for the basic and advanced swimming strokes.
   2. Identify and analyze swimming skills and identify their important aspects.

E. Physical Laws
   1. Understand and successfully demonstrate the physical laws that govern movement in water.
   2. Identify and analyze the physical laws as they pertain to each swimming stroke.

F. Practice Teaching in All Areas
   1. Identify the skills necessary for IPAP, Learn to Swim levels and community water safety courses.
   2. Demonstrate the ability to successfully teach skills in each level of swimming and water safety course.
   3. Demonstrate the ability to develop and write lesson plans for teaching skills in each level of swimming and water safety course.
4. Identify and explain the important parts to a successful lesson plan.
5. Successfully demonstrate ability to correct mistakes in each of the swimming and water safety courses.
6. Successfully demonstrate the methods of classroom organization.

G. Setting Up Learn To Swim Programs
1. Demonstrate the ability to organize a Learn to Swim program.
2. Identify and explain the important parts necessary for a successful Learn to Swim program.
3. Identify and understand the reasons for pretesting students and their swimming skills for a Learn to Swim program.

H. Methods of Teaching
1. Understand and successfully demonstrate the method of teaching skills using the whole teaching approach.
2. Identify the skills used when teaching with the whole method.
3. Understand and successfully demonstrate the method of teaching skills using the part-whole approach.
4. Identify the skills used when teaching with the part-whole method.
5. Understand and successfully demonstrate the method of teaching skills using the progressive-part and station to station approach.
6. Identify the skills used when teaching with the progressive-part and the station method.

I. American Red Cross Policies and Procedures and Local Chapter Information
1. Identify and understand the American Red Cross Policies and Procedures for conducting a course.
2. Identify and understand local American Red Cross Chapter Information when conducting a course.
3. Demonstrate the use of filling out course records when conducting a swimming and safety courses.
V. METHOD(S) OF INSTRUCTION

A. Instructor Lectures
B. Videos
C. Practice Teaching Assignments
D. Demonstrations
E. Group and Individual Projects

VI. REQUIRED TEXTBOOK(S) (WITH PUBLICATION INFORMATION)

American Red Cross Swimming and Diving, by Mosby Year Book, 1996
American Red Cross Instructor Candidate Training Participants Manual, By Mosby Year Book, 1990
American Red Cross Infant and Preschool Aquatic Program Parents Guide, Mosby Year Book, 1988

VII. REQUIRED MATERIALS

A. Textbooks
B. Swimsuit
C. Towel

VIII. SUPPLEMENTAL REFERENCES

A. Video References
   1. Swimming and Diving
   2. Teaching Aquatic Skills
B. Swimming Wall Charts

IX. METHOD OF EVALUATION (STUDENT)

A. Written Exams 90% or better
B. Individual and Group Projects
C. Practice Teaching Presentations
D. Unit Lesson Plan

E. Attendance

Class participation and attendance: Attendance is required of all students. Any unexcused absences beyond three will result in the individual’s grade being lowered by one letter grade. Students will have every opportunity to make-up any absences that are not excused. Excused absences include school sponsored trips and documented medical visits. Should a problem develop, see your instructor.

If a student cheats on a test or plagiarizes a paper, he/she will fail that assignment and may fail the entire course. Dishonesty is a gross violation of the academic honesty policy and indicates a failure to meet the standards of this course.
HPE226
WATER SAFETY INSTRUCTOR
2 Credit Hours

INACTIVE PER PROGRAM REVIEW, 2004-05

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