

# Water Safety Instruction

## Course Design

2007-2008

### Course Information

<b>Organization</b>	EASTERN ARIZONA COLLEGE
<b>Division</b>	Health & Physical Education
<b>Course Number</b>	HPE 172
<b>Title</b>	Water Safety Instruction
<b>Credits</b>	2
<b>Developed by</b>	Chuck LaVetter/Revised by Jim Bagnall
<b>Lecture/Lab Ratio</b>	1 Lecture/2 Lab

### Transfer Status

ASU	NAU	UA
KIN 305, [ASU Polytechnic: EXW 305]  <i>Note: Carries lower- division credit only</i>	PES 100	PE 260

<b>Activity Course</b>	No
<b>CIP Code</b>	13.1314
<b>Assessment Mode</b>	Pre/Post Test (35 Questions/35 Points)
<b>Semester Taught</b>	Upon Request
<b>GE Category</b>	None
<b>Separate Lab</b>	No
<b>Awareness Course</b>	No
<b>Intensive Writing Course</b>	No

### Prerequisites

None

### Educational Value

Helps prepare students for transfer, especially in the area of physical fitness and education and offers a lifetime skill to enhance physical fitness.

### Description

Includes a review of water courses the student will be eligible to teach. Teaching methods relative to those courses, general information for instructors, and practice teaching. Whenever possible, practice teaching will be done in actual swimming courses, rather than peer-group simulation of class situations. Swimming skills practices.

## **Competencies and Performance Standards**

### **1. Successfully complete American Red Cross standardized test for Water Safety Instructors.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Complete the American Red Cross standardized test for WSI.

#### **Performance Standards**

*Competence will be demonstrated:*

- o upon successful completion of standardized written test and demonstration of skills as designated by the American Red Cross.

*Criteria - Performance will be satisfactory when:*

- o learner successfully completes standardized American Red Cross test for Water Safety Instructors.

### **2. Demonstrate water safety and how to teach people to be safe when they are in, on or around water.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Demonstrate reaching, wading and throwing assists.
- b. Demonstrate rescue board, surf board, and tube.
- c. Demonstrate swimming skills for lifesaving.
- d. Demonstrate approaches and carries for a victim.
- e. Demonstrate surface dives and rescue kicks for carrying a victim.
- f. Demonstrate rescue techniques for a submerged victim and surface victim.

#### **Performance Standards**

*Competence will be demonstrated:*

- o upon successful completion of skills test
- o upon successful completion of teaching demonstration
- o upon successful completion of post-test

*Criteria - Performance will be satisfactory when:*

- o learner demonstrates reaching, wading and throwing assists
- o learner demonstrates rescue board, surf board and tube
- o learner demonstrates swimming skills for lifesaving
- o learner demonstrates approaches and carries for a victim and surface dives and rescue kicks for carrying a victim.
- o learner demonstrates rescue techniques for a submerged victim and surface victim

**3. Acquire skills and knowledge in a logical progression for aquatic skill development.**

***Learning objectives***

*What you will learn as you master the competency:*

- a. Be able to demonstrate swimming strokes from beginning to advanced levels.
- b. Demonstrate and explain general rescue procedures.
- c. Demonstrate and explain specific rescue techniques.

***Performance Standards***

*Competence will be demonstrated:*

- o upon successful completion of skills test
- o upon successful completion of teaching demonstration
- o upon successful completion of post-test

*Criteria - Performance will be satisfactory when:*

- o learner demonstrates swimming strokes from beginning to advanced levels
- o learner demonstrates and explains general rescue procedures
- o learner demonstrates and explains specific rescue techniques

**4. Develop a plan to become better and safer swimmers.**

***Learning objectives***

*What you will learn as you master the competency:*

- a. Demonstrates skills to be taught each day to improve swimming skills.
- b. Explain rescue and water safety techniques.

***Performance Standards***

*Competence will be demonstrated:*

- o upon successful completion of skills test
- o upon successful completion of teaching demonstration
- o upon successful completion of post-test

*Criteria - Performance will be satisfactory when:*

- o learner explains rescue and water safety techniques.
- o learner demonstrates skills to be taught each day to improve swimming skills.

**5. Prepare lessons and teach to the other swimming students.**

***Learning objectives***

*What you will learn as you master the competency:*

- a. Demonstrate lesson and teach swimming and safety techniques to swimming students in the class.

***Performance Standards***

*Competence will be demonstrated:*

- o upon successful completion of demonstration of teaching lessons on swimming and

safety techniques.

*Criteria - Performance will be satisfactory when:*

- o learner demonstrates lesson and teaches swimming and safety techniques to swimming students in the class.

## **6. Organize materials which will aid in teaching of swimming.**

### ***Learning objectives***

*What you will learn as you master the competency:*

- a. Acquire the knowledge and skills needed to teach swimming.
- b. Integrate skills and practical applications in order to demonstrate and teach.

### ***Performance Standards***

*Competence will be demonstrated:*

- o upon successful completion of skills test
- o upon successful completion of teaching demonstration
- o upon successful completion of post-test

*Criteria - Performance will be satisfactory when:*

- o learner acquires the knowledge and skills needed to teach swimming.
- o learner integrates skills and practical applications in order to demonstrate and teach.

## ***Types of Instruction***

Lab Practicals

Demonstration

## ***Grading Information***

### ***Grading Rationale***

0% Pre Test

10% Post Test

15% Skills Test

75% Attendance

### ***Grading Scale***

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F Below 60%