



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 248  
**Descriptive Title:** Swimming, Water Safety Instructor

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** 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.

Note: Certification requires passing both ARC practical and written examinations.

Note: This course is offered spring semester only.

**Conditions of Enrollment:** Enrollment Limitation

American Red Cross Mandates - Level 4 swimming ability and minimum age of 16 years at start of course

#### Recommended Preparation

English 84

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 1.00 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 2.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992  
**Transfer UC:**  Effective Date: Prior to July 1992

**General Education:**

**El Camino College:** \_\_\_\_\_

**CSU GE:** \_\_\_\_\_

**IGETC:**

**II. OUTCOMES AND OBJECTIVES**

**A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)**

- Students will be prepared to teach swimming lessons to a diverse population of all ages and pass the certification requirements for the American Red Cross Water Safety Instructor Certificate.
1. ages and pass the certification requirements for the American Red Cross Water Safety Instructor Certificate.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Understand and identify the goals, history and philosophy of an ARC instructor.  
No Assessment Selected
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.  
No Assessment Selected
3. Demonstrate the required ARC and WSI swimming skill standards.  
No Assessment Selected
4. Identify the certification requirements for the WSI and recertification.  
No Assessment Selected
5. Evaluate a swimming environment to ensure and maintain safety.  
No Assessment Selected

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	2	I	Orientation to course and instructor candidate training materials
Lab	4	II	Hydrodynamic principles
Lab	4	III	Teaching progressions for swimming strokes
Lecture	8	IV	Developing lesson plans and class organization
Lecture	8	V	Motor learning theory
Lab	6	VI	Competitive swimming techniques such as starts and turns
Lab	6	VII	Cultural diversity, diving progressions, Springboard diving
Lab	12	VIII	Active teaching for all ages A. Infant and pre-school program

			B. ARC materials for children
Lab	4	IX	Disabled swimmers and their special needs
Lab	4	X	Conditioning principles and water aerobics
Lab	4	XI	Aquatic program planning and risk management
Lab	4	XII	Water safety instructor aide
Lab	4	XIII	Red Cross policies and procedures
Lab	2	XIV	Personal development/employment
<b>Total Lecture Hours</b>		18	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		72	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

##### B. 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.

##### C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

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.
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.

##### D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Written homework

Class Performance

Multiple Choice

Other (specify):

prepare and demonstrate teaching assignments

**V. INSTRUCTIONAL METHODS**

- Demonstration
- Discussion
- Laboratory
- Lecture
- Multimedia presentations

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

**VI. WORK OUTSIDE OF CLASS**

- Study
- Answer questions
- Skill practice
- Required reading
- Problem solving activities
- Written work

**Estimated Independent Study Hours per Week: 2**

**VII. TEXTS AND MATERIALS**

**A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**

- American Red Cross. Swimming and Water Safety. Staywell Publishing, 2009.
- American Red Cross. Water Safety Instructor's Manual. Staywell Publishing, 2009.

**B. ALTERNATIVE TEXTBOOKS**

**C. REQUIRED SUPPLEMENTARY READINGS**

**D. OTHER REQUIRED MATERIALS**

- towel,
- Swimsuit
- goggles
- cap

**VIII. CONDITIONS OF ENROLLMENT**

**A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

Requisites	Category and Justification
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**B. Requisite Skills**

Requisite Skills
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**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
Course Recommended Preparation	

**D. Recommended Skills**

Recommended Skills
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**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
American Red Cross Mandates - Level 4 swimming ability and minimum age of 16 years at start of course	

**Course created by Rudy Kroon on 12/01/1956.**

**BOARD APPROVAL DATE:**

**LAST BOARD APPROVAL DATE:**

**Last Reviewed and/or Revised by Mark Lipe on 01/18/2013**