



## PE 1345

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 1345

**Title:** Water Safety Instruction

**Catalog Description:**

Students will learn to use the American Red Cross instructor's "Learn To Swim" programs to teach swimming skills to all age groups.

**General Education Requirements:** N/A

**Semesters Offered:** Fall, Spring

**Credit/Time Requirement:** Credit: 2; Lecture: 2; Lab: 1

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Prerequisites:** Candidates must be 16 years of age on or before the final scheduled session of this course. They must be able to demonstrate the ability to perform the following swimming strokes: front crawl, back crawl, breaststroke, elementary backstroke and sidestroke for 25 yards each. They must also be able to demonstrate the butterfly stroke for 15 yards.

**Justification:**

This course will transfer as a physical education elective credit to four-year institutions. The successful student will become American Red Cross/WSI certified (a prerequisite for employment as a swimming instructor).

**Student Learning Outcomes:**

Students will

- demonstrate their knowledge of all class materials and their ability to adequately teach others to swim
- plan and prepare a safe and successful learning environment
- learn how to prepare block plans and lesson plans for a session of swimming lessons
- learn to communicate effectively with their swimming session participants and the parents of participants as appropriate
- learn how to complete the swimming session records properly and to award the correct certificates to participants who meet the requirements for their particular level of swimming

**Content:**

Students in the course will progress through the skills of observing, teaching, critiquing and assessing the

abilities of other swimmers during class time in the swimming pool. Students will then plan and prepare class materials to incorporate into their own swimming instruction to ensure the success of participants in their swimming lessons. Students will also learn to make the necessary adjustments in lesson plans and course work to accommodate handicapped individuals who choose to take swimming lessons.

### **General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

An important goal of this course is to support students' choices so that they may be able to apply what they learn in this course in their efforts to teach other people to swim and to be safe in, on, and around the water. The ultimate goal is to have students properly trained so that they may secure employment as Swimming Instructors.

### **Key Performance Indicators:**

Attendance: 30%

Teaching (4 times): 40%

Lesson and Block plan: 25 points each: 10%

Final written exam: 20%

(A student must pass the final with a score of 80% or better.)

Upon completion of these requirements, students will receive a Water Safety Instructor certificate.

### **Representative Text and/or Supplies:**

Textbooks by the American Red Cross:

- *Swimming and Water Safety*
  - *Water Safety Instructor's Manual*
  - *Water Safety Handbook*
  - *Raffy Learns to Swim: Learn-to-Swim Levels 1 and 2*
  
  - *Waddles in the Deep: Learn -to-Swim Levels 3 and 4*
- Students will need a swimming suit, goggles, and a towel.

**Optimum Class Size:** 12

**Maximum Class Size:** 14

**Signatures:**

I hereby submit this course syllabus:

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Elliot Anderson, ,

I hereby find this course consistent with the goals and resources of the Physical Education Department:

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Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)