

COURSE OUTLINE

LFIT-113

Water Safety Instructor

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to train instructor candidates to teach the Infant and Preschool Aquatics Program; the seven levels of the Learn to Swim Program; the Basic Water Safety, Emergency Water Safety, and Water Safety Instructor Aide courses; and, for the eligible individuals, the Safety Training for Swim Coaches course. This course teaches instructor candidates how to use course materials, conduct training sessions, evaluate student progress, and prepare and submit records and reports. Prerequisite: Passed seventeenth birthday and certified in advanced lifesaving.

Overall Course Objectives:

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

1. Demonstrate the following qualities required of a Red Cross representative and role model by:
 - a. Identifying the Red Cross with their courses.
 - b. Representing the Red Cross in a positive manner.
 - c. Providing participants with information on other Red Cross courses and services.
 - d. Encouraging others to become Red Cross volunteers.

2. Demonstrate a thorough familiarity with the following materials:
 - a. American Red Cross Swimming and Diving text
 - b. American Red Cross Water Safety Instructor's Manual
 - c. American Red Cross Swimming and Diving Skills video
 - d. American Red Cross Instructor Candidate Training Participants Manual
 - e. American Red Cross Infant and Preschool Aquatic Program Parent's Guide
 - f. Waddles Presents AQUACKtic Safety

3. Demonstrate knowledge of the following materials:
 - a. American Red Cross Longfellow's Whale Tales
 - b. American Red Cross Safety Training for Swim Coaches Instructor's Manual
 - c. American Red Cross Safety Training for Swim Coaches Manual

4. Plan, conduct, and evaluate Swimming and Water Safety courses.

5. Monitor participant's practice and provide corrective feedback and encouragement.

6. Ensure the safety of participants.

7. Customize courses to meet participants needs.

8. Maintain complete and accurate records and reports.

9. Develop a strategy to keep knowledge and skills current.

10. Demonstrate the required skills at an acceptable level of performance.

Major Topics:

1. Orientation to Materials
2. Teaching Progressions for Strokes
3. Paired Practice and Teaching
4. Lesson Plans and Class Organization
5. Motor Theory Learning
6. Practice Teaching
7. Cultural Diversity
8. Diving Progressions
9. Rescue Breathing and CPR
10. Infant and Preschool Program
11. Stroke Evaluation and Analysis
12. Teaching Progressions for Safety and Rescue Skills
13. Customizing for People with Disabilities
14. Starts and Turns
15. Games and Water Activities
16. Risk Management
17. Spinal Injury Management
18. Red Cross Policies and Procedures

Course Requirements:

Students must pass a swimming pretest along with a written pretest to be able to participate in this course.

Grading/Exams:

Grading procedures will be determined by the individual faculty member but will include the following:

Students must complete all reading assignments

Students must attend all sessions

Students must successfully complete all teaching assignments

Students must score at least 80 percent on the final written test

Students must successfully participate in all course activities

Students must successfully meet instructor candidate competencies

Final grades will be calculated on the basis of class participation, attendance, water skills, teaching assignments, written exam and classwork.

Other Information:

Students are expected to come to class dressed appropriately, in a bathing suit and bring a towel. Students are required to purchase all their own books.