

# KIN 144: WATER SAFETY INSTRUCTOR

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2022
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	Successful completion of pretest assessment of swimming strokes; ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course provides an opportunity for the student to qualify for the American Red Cross Safety Instructor Certificate. The class is designed to instruct the student how to teach swimming on all levels as well as basic and advanced lifeguarding. If a student wishes to receive a card they must pay the required Red Cross fee. 18 lecture hours, 18 lab hours.

## Course Objectives

- evaluate personal swimming skills
- exhibit skill in teaching techniques through observation and practice-teaching assignments
- analyze and select best teaching methods for a particular age group, skill level, number of students, and facility to be used
- develop lesson plans to meet specific instructional goals
- distinguish the relationship between the water safety instructor (WSI), the community, and the local Red Cross office

## Major Course Content

1. The American Red Cross Swimming and Water Safety Program
  - a. Orientation to course materials
  - b. Planning and preparing to teach
  - c. Teaching water safety
  - d. Water safety skills
  - e. Stroke observation
  - f. Fitness and training
2. Teaching Strategies
  - a. Practice-teaching overview
  - b. Model practice-teaching demonstrations
3. Planning and Presenting Lessons
  - a. Overview of learn-to-swim
  - b. Holding and support positions
  - c. Learn-to-swim levels 1 and 2 skills
  - d. Recording and reporting progress

- e. Learn-to-swim levels 3 and 4 skills
- f. Learn-to-swim levels 5 and 6 skills
- g. Teaching starts and turns
- h. Teaching diving from a diving board
  - i. Parent and child aquatics skills
  - j. Customizing for adults
  - k. Customizing for individuals with disabilities

## Lab Content

1. Review and Practice of Swim Strokes
  - a. Front crawl
  - b. Back crawl
  - c. Breaststroke
  - d. Butterfly
  - e. Elementary Backstroke
  - f. Sidestroke
2. Practice-Teaching Demonstrations
  - a. Learn to swim levels 1 and 2 skills Hold and support positions
  - b. Learn to swim levels 3 and 4 skills
  - c. Learn to swim levels 5 and 6 skills
  - d. Starts and turns
  - e. Diving from a diving board
  - f. Parent and child
  - g. Adults
  - h. Individuals and disabilities

## Suggested Reading Other Than Required Textbook

Instructor Handouts

## Examples of Required Writing Assignments

Lesson plans for unit and daily class activity

## Examples of Outside Assignments

Survey an aquatics facility and document safety standards and procedures that are in place. Observe swimming lesson instruction and complete written summaries of teaching techniques and methods.

## Instruction Type(s)

Lab, Lecture