

# **Common Course Outline**

**PEAQ 113**

**Water Safety Instructor**

**2 Semester Hours:**

## **The Community College of Baltimore County**

### **Description**

Water Safety Instructor (WSI)

Perfects methods of teaching water safety and basic swimming strokes; teaches how to plan, conduct, and evaluate swimming and water safety courses. An advanced course for skilled swimmers. Satisfactory completion qualifies the student for Red Cross Water Safety Instructor Certification.

Prerequisite: Current Red Cross Emergency Water Safety or Red Cross Lifeguard Training Certificate. Offered spring and summer sessions. This course may be used to fulfill 2 elective credits.

### **Overall Course Objectives**

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

1. demonstrate the qualities required of an American Red Cross representative and role model;
2. be completely familiar with and have knowledge of the American Red Cross swimming and water safety materials;
3. be able to plan, conduct, and evaluate swimming and water safety courses;
4. monitor participants' practice and provide corrective feedback and encouragement;
5. ensure the safety of participants;
6. customize courses to meet participants' needs;
7. be able to maintain complete and accurate records;
8. develop a strategy to keep knowledge and skills current;
9. be able to demonstrate the required skills at an acceptable level of performance.

### **Major Topics**

1. Hydrodynamic principles
2. Developing block and lesson plans
3. Motor learning theory
4. Teaching progressions
5. Cultural diversity
6. Diving progressions
7. Stroke evaluation
8. Fitness principles
9. Practice teaching

### **Course Requirements**

1. One final written exam
2. Five practice teaching assignments

## **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.