Advanced water skills and the opportunity to qualify for the Red Cross emergency water safety & water safety instructor certificates. UC credit limitations: Any or all of these courses (PPE140, G142, G146, G150, G160, G180, G191, G200) combined--maximum credit, 8 units.

**COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:**

1. compile knowledge, skills, and attitudes to teach all ages the different levels of swimming, beginning through advanced swimming.
2. demonstrate knowledge and skills required for emergency water safety including swimming skills, lifesaving skills, first aid, and spinal injury management.
3. summarize the history of the Red Cross, the policies and procedures of the Red Cross, and the safety services offered by the Red Cross.
COURSE OBJECTIVES:
1. develop an appreciation of the American Red Cross through an understanding of:
   1.1 The history of the Red Cross
   1.2 The policies and procedures of the Red Cross
   1.3 The safety services offered by the Red Cross
2. develop knowledge and skills required for emergency water safety including:
   2.1 Swimming skills
   2.2 Lifesaving skills
   2.3 First aid
   2.4 Spinal injury management
3. develop knowledge, skills, and attitudes to teach all ages the different levels of swimming, beginning through advanced swimming.
4. develop the ability to demonstrate all the skills of swimming.

COURSE CONTENT:

LECTURE CONTENT:

A. Introduction of class procedures
B. The American Red Cross
   1. History
   2. Policies and procedures
   3. Safety programs
C. Emergency Water Safety
   1. Understanding drowning
   2. Water assists (including human chain)
   3. Water entries, positioning and tows
   4. Rescue breathing
      a. On land
      b. Shallow water
      c. Deep water
   5. Recovery of submerged victim
   6. Escapes
   7. Removal from water
   8. Spinal injury management
D. Water Safety Instruction
   1. Stroke Analysis and Practice Teaching (all strokes from beginner stroke through advanced swimming skills including)
      - trudgen crawl, inverted breaststroke, overarm sidestroke, and survival stroke
   2. Analysis and practice teaching of the following programs:
      a. Infant and Preschool aquatic program
      b. Longfellow's Whales Tales educational programs
      c. Basic Water Safety and Emergency Water Safety programs
   3. Working with multimedia equipment

LABORATORY CONTENT:

A. Introduction of class procedures
B. The American Red Cross
   1. History
   2. Policies and procedures
   3. Safety programs
C. Emergency Water Safety
   1. Understanding drowning
   2. Water assists (including human chain)
   3. Water entries, positioning and tows
   4. Rescue breathing
      a. On land
      b. Shallow water
      c. Deep water
   5. Recovery of submerged victim
6. Escapes
7. Removal from water
8. Spinal injury management

D. Water Safety Instruction
1. Stroke Analysis and Practice Teaching (all strokes from beginner stroke through advanced swimming skills including trudgen crawl, inverted breaststroke, overarm sidestroke, and survival stroke)
2. Analysis and practice teaching of the following programs:
   a. Infant and Preschool aquatic program
   b. Longfellow's Whales Tales educational programs
   c. Basic Water Safety and Emergency Water Safety programs
3. Working with multimedia equipment

METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Reading Assignments
Weekly reading assignments from required Red Cross texts

Out-of-class Assignments
Working with multimedia equipment

Writing Assignments
Written lesson plans for teaching swimming
Problem solving in terms of analysis and stroke correction in practice teaching
Demonstration of proficient swimming related skills and teaching methods

METHODS OF STUDENT EVALUATION:

Final Exam
Short Quizzes
Written Assignments
Objective Examinations
Oral Presentations
Skills Demonstration

 Demonstration of Critical Thinking:
Working with different age groups and applying critical thinking skills for evaluation and adaptation of methods of teaching swimming.

Required Writing, Problem Solving, Skills Demonstration:
Written lesson plans for teaching swimming
Problem solving in terms of analysis and stroke correction in practice teaching
Demonstration of proficient swimming related skills and teaching methods

TEXTS, READINGS, AND RESOURCES:

LIBRARY:
Adequate library resources include:
Comments:
Attachments: