

# Common Course Outline

## PEAQ 113

### Water Safety Instructor

2 Credits

## Community College of Baltimore County

### Description

**PEAQ 113 – Water Safety Instructor** provides the training needed to teach courses in the American Red Cross (ARC) Swimming and Water Safety Program by developing the student's understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

**2 credits**

**Prerequisites:** Meet requirements of national certifying agencies

### Overall Course Objectives

Upon completion of this course students will be able to:

1. demonstrate the qualities required of an American Red Cross representative and role model;
2. demonstrate knowledge of the American Red Cross swimming and water safety materials;
3. 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. maintain complete and accurate records;
8. develop a strategy to keep knowledge and skills current; and
9. demonstrate the required skills at an acceptable level of performance.

### Major Topics

- I. Hydrodynamic principles
- II. Developing block and lesson plans
- III. Motor learning theory
- IV. Teaching progressions
- V. Cultural diversity
- VI. Diving progressions
- VII. Stroke evaluation
- VIII. Fitness principles
- IX. Practice teaching

## **Course Requirements**

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

### **Grading/Exams**

- A minimum of two written exams
- A minimum of two skills scenarios

### **Other Course Information**

Candidates must be at least 16 years of age by the final scheduled class meeting.