

LSC Use Only No:	LSC Action-Date:	UWUCC USE Only No.	UWUCC Action-Date:	Senate Action Date:
		05-296	Apr 3/7/06	Apr 3/28/06

Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee

Contact Person David Lorenzi	Email Address dlorenzi@iup.edu
Proposing Department/Unit Department of Health and Physical Education	Phone 724-357-2770

Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course proposal and for each program proposal.

1. Course Proposals (check all that apply)
 New Course Course Prefix Change Course Deletion
 Course Revision Course Number and/or Title Change Catalog Description Change

HPED 261 Water Safety Instructor

Current Course prefix, number and full title Proposed course prefix, number and full title, if changing

2. Additional Course Designations: check if appropriate
 This course is also proposed as a Liberal Studies Course. Other: (e.g., Women's Studies, Pan-African)
 This course is also proposed as an Honors College Course.

3. Program Proposals
 New Degree Program Program Title Change Program Revision
 New Minor Program New Track Other

Health & Physical Education
Current program name Proposed program name, if changing

4. Approvals		Date
Department Curriculum Committee Chair(s)	Made P Jay	4/14/05
Department Chair(s)	Wainwright	4/14/05
College Curriculum Committee Chair	Elizabeth Palmer	4/26/05
College Dean	Robert J. Zoni	11-30-05
Director of Liberal Studies *		
Director of Honors College *		
Provost *		
* Additional signatures as appropriate: (include title)	Joseph Domarache TECC	12-5-05
	May Ann Rappoth COE-ET	12-5-05
UWUCC Co-Chairs	Gail S. Schmitt	3-7-06

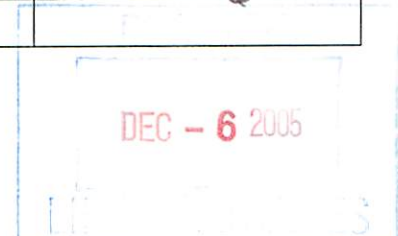
*where applicable

Received

FEB 28 2006

Liberal Studies

DEC - 6 2005



Part II: Description of Curriculum Change: Change of Prerequisites, Change of Catalog Description, and Revision of Course Content

New Course Description

1. **HPED 261: Water Safety Instructor** **1c-2l-1cr**
Prerequisites: Basic swimming skills.

Learn to teach children and adults basic swimming and water safety skills. Emphasis placed upon proper body mechanics and teaching progressions. Opportunity to earn American Red Cross Water Safety Instructor certification upon successful completion of course requirements.

Old Course Description

2. **HPED 261: Water Safety Instructor** **0c-2l-1cr**
Prerequisites: Departmental consent and lifesaving certification

Emphasizes the teaching aspect of skills, techniques, and attitudes necessary in all areas of swimming. Students successfully completing course are qualified to hold such positions as waterfront directors, aquatic directors, and other similar positions.

Justification for Changes

1. HPED 261 Water Safety Instructor will now be a required course for all education majors in the Department of Health and Physical Education, replacing HPED 263 Aquatics. The prerequisites for HPED 261 are the entrance requirements for Water Safety Instruction as outlined by the American Red Cross. A portion of class time will be allotted to swimming skill refinement.
2. The American Red Cross has recently completed the first major revision of their Swimming and Water Safety Program in over 12 years. Although the foundation of the course listed on the syllabus of record is essentially the same, changes in terminology and in requirements for certification require modification of the original syllabus.
3. The content of the course needs to be updated to ensure alignment with program accreditation and professional standards.
 - a. The Academic Standards for Health, Safety, and Physical Education issued by the Pennsylvania Department of Education, 22 Pa. Code, Chapter 4, Appendix D (#006-276) of July 18, 2002 specifically address numerous content areas which are specific to this course (10.3 Safety and Injury Prevention, 10.4 Responses of the Body to Physical Activity, 10.3 A Recognize Safe/Unsafe Practices in the Water).
 - b. AAHPERD (1994). Safety in High School Physical Education Aquatics Programs: A Position Paper of the Aquatic Council of the American Alliance for Health, Physical Education, Recreation, and Dance. The

AAHPERD Aquatic Council recommends that all high school physical education teachers have current, appropriate, relevant aquatic certification.

4. Participation in the course is important for the professional preparation and future employment for students within the education track to meet the current market trends in the field. Most schools with swimming pools require American Red Cross Water Safety Instructor certification.
5. The Pennsylvania Department of Education endorses the 1994 AAHPERD Aquatic Council's position statement on Safety in High School Physical Education Aquatics Programs and recommends that schools require aquatics instructors to demonstrate competency by possessing appropriate, current aquatics certification from a recognized agency or organization.

Course Analysis Questionnaire

Section A: Details of the Course

A1 How does this course fit into the programs of the department? For what students is the course designed? (majors, students in other majors, liberal studies). Explain why this content cannot be incorporated into an existing course.

The course is designed for Health and Physical Education teacher education majors. It will also be available as an elective for other students in the Physical Education and Sport major.

A2 Does this course require changes in the content of existing courses or requirements for a program? If catalog descriptions of other courses or department programs must be changed as a result of the adoption of this course, please submit as separate proposals all other changes in courses and/or program requirements.

This course does not require changes in the content of existing courses.

A3 Has this course ever been offered at IUP on a trial basis (e.g. as a special topic) If so, explain the details of the offering (semester/year and number of students). NA

A4 Is this course to be a dual-level course? If so, please note that the graduate approval occurs after the undergraduate.

The course will not be dual-level.

A5 If this course may be taken for variable credit, what criteria will be used to relate the credits to the learning experience of each student? Who will make this determination and by what procedures?

The course will not be taken for variable credit.

A6 Do other higher education institutions currently offer this course? If so, please list examples (institution, course title).

Slippery Rock University

PESM 446: Water Safety Instruction

This aquatic leadership training course leads to certification as an American Red Cross water safety instructor. The course concentrates on demonstration, development and analysis of aquatic skills from a teaching viewpoint, methods of class organization, instruction and examination, and practice in teaching methods. (1 credit)

Theory and Technique Courses (open to Physical Education majors only)

West Chester University

331 Water Safety Instruction (3) (2) This course is designed to prepare individuals to become swim instructors. Testing during the first week includes a 500-yard swim, basic rescue procedures, and a written community water safety test. Opportunity exists to become an American Red Cross water safety instructor

West Liberty University

PE 216 – Water Safety Instruction – One semester hour

This course is designed as an instructorship in swimming, lifesaving, and water safety with American Red Cross Certification.

- A7 *Is the content, or are the skills, of the proposed course recommended or required by a professional society, accrediting authority, law or other external agency? If so, please provide documentation.*

The content and skill of the course are based upon those required by the American Red Cross for WSI certification. A student may successfully complete the requirements of the course, however, and choose not to pursue the Red Cross certification.

Section B: Interdisciplinary Implications

- B1 *Will this course be taught by instructors from more than one department? If so, explain the teaching plan, its rationale, and how the team will adhere to the syllabus of record.*

The course will be taught by faculty in the Health and Physical Education Department.

- B2 *What is the relationship between the content of this course and the content of courses offered by other departments? Summarize your discussions (with other departments) concerning the proposed changes and indicate how any conflicts have been resolved. Please attach relevant memoranda from these departments that clarify their attitudes toward the proposed change(s). NA*

- B3 *Will this course be cross-listed with other departments? If so, please summarize the department representatives' discussions concerning the course and indicate how consistency will be maintained across departments. NA*

Section C: Implementation

- C1 *Are faculty resources adequate? If you are not requesting or have not been authorized to hire additional faculty, demonstrate how this course will fit into the schedule(s) of current faculty. What will be taught less frequently or in fewer sections to make this possible? Please specify how preparation and equated workload will be assigned for this course.*

Faculty resources are adequate.

- C2 *What other resources will be needed to teach this course and how adequate are the current resources? If not adequate, what plans exist for achieving adequacy? Reply in terms of the following:*

Current resources and facilities are adequate.

- C3 *Are any of the resources for this course funded by a grant? If so, what provisions have been made to continue support for this course once the grant has expired? (Attach letters of support from Dean, Provost, etc.) NA*

- C4 *How frequently do you expect this course to be offered? Is this course particularly designed for or restricted to certain seasonal semesters?*

This course will be offered once in the Fall semester, once in the Spring semester, and also in the summer.

C5 How many sections of this course do you anticipate offering in any single semester?

One section will be offered each single semester.

C6 How many students do you plan to accommodate in a section of this course? What is the justification for this planned number of students?

Approximately 25-30 students will be enrolled in a section. Enrollment will be limited due to issues of safety and liability specific to the pool setting.

C7 Does any professional society recommend enrollment limits or parameters for a course of this nature? If they do, please quote from the appropriate documents.

Projected enrollment is consistent with recommendations of the American Red Cross based upon the length of the academic semester and the size of the Zink facility.

C8 If this course is a distance education course, see the Implementation of Distance Education Agreement and the Undergraduate Distance Education Review Form in Appendix D and respond to the questions listed. NA

Section D: Miscellaneous

Include any additional information valuable to those reviewing this new course proposal.
NA

Syllabus (New)

I. Catalog Description

HPED 261 Water Safety Instructor

1 Class Hour
2 Lab Hours
1 Credit
1c-21-1cr

Prerequisite: Basic swimming skills.

Provides instruction on aspects of basic swimming and water safety skills for children and adults, emphasizing proper body mechanics and teaching progressions. Opportunity to earn American Red Cross certification upon successful completion of course requirements.

II. Course Objectives

The student will be able to:

1. perform basic swimming strokes with minimal level of proficiency.
2. identify and analyze critical elements of six different swim strokes.
3. plan and implement developmentally appropriate teaching strategies and progressions pertaining to basic aquatic skills.
4. demonstrate appropriate knowledge and skills for basic water and pool safety.
5. perform basic water rescue techniques and support holds with minimal level of proficiency.
6. identify and demonstrate administrative, managerial, and professional responsibilities associated with being an American Red Cross instructor.

INTASC Standards	NASPE Standards	Course Objectives	Assessment and Artifacts
1	1.1, 1.2, 1.3, 1.4	1	Skills Assessment
1,2	1.1, 1.3, 1.4, 7.1, 7.2, 7.3	2	Formative Evaluation
2, 3, 4, 5, 6, 7, 8	2, 3, 4, 5, 6, 8.1	3	Lesson Plans Peer Teaching
1, 5, 7, 8, 9, 10	1.5, 1.6, 9.1, 10.3, 10.4	4	Skills Assessment Test 1
1	1.2, 1.3, 1.6	5	Skills Assessment
9, 10	4, 6, 7, 8.2, 8.3, 9.1, 9.3	6	Formative Evaluation Test 2

III. Course Outline

- A. Precourse** **3 Hours**
 - 1. Review of Water Safety Instructor Certification Requirements
 - 2. Swimming Skill Assessment
 - 3. Orientation to Course Materials

- B. Principles of Teaching and Learning** **3 Hours**
 - 1. Fundamentals of Instructor Training
 - 2. Principles of Human Motor Development
 - 3. Principles of Human Motor Control and Learning

- C. Introduction and Overview** **3 Hours**
 - 1. The American Red Cross Swimming and Water Safety Program
 - 2. Planning and Preparing to Teach
 - 3. Teaching Water Safety
 - 4. Water Safety Skill Instruction
 - 5. Stroke Observation and Development

- D. Aquatic Kinesiology** **3 Hours**
 - 1. Basic Principles of Aquatic Human Physiology
 - 2. Aquatic Fitness Assessments
 - 3. Teaching the Front Crawl
 - 4. Teaching and Experimenting With Hydrodynamic Principles

- E. Spotting Techniques and Pool Safety** **3 Hours**
 - 1. Developing Lesson Plans
 - 2. Teaching Beginner Swimmers
 - 3. Overview of Pool Safety and Liability Issues
 - 4. Holding and Support Positions
 - 5. Teaching the Back Crawl

- F. Technology and Paperwork** **3 Hours**
 - 1. Documenting Progress Methods and Techniques
 - 2. Utilizing Technology in Aquatic Environments
 - 3. Teaching Breaststroke and Butterfly

- G. Measurement and Evaluation** **3 Hours**
 - 1. Assessment Methods
 - 2. Teaching Techniques for Beginner and Intermediate Swimmers
 - 3. Exam

- H. Behavior Management** **3 Hours**
 - 1. Observation Methods in Aquatic Environments
 - 2. Student Management Techniques

3. Teaching Techniques for Intermediate and Advanced Swimmers
 - I. Diving and Turns 3 Hours
 1. Teaching Starts and Turns
 2. Teaching Diving
 3. Developmental Progressions for Starts, Turns, and Diving
 4. Aquatic Teaching Techniques and Theories
 - J. Parent and Child Instruction 3 Hours
 1. Teaching Parent and Child Aquatics
 2. Refining the Elementary Backstroke and Sidestroke
 - K. Special Population 3 Hours
 1. Teaching Adults
 2. Teaching Individuals With Disabilities
 - L. Practice Teaching Lessons 7 Hours
 1. Teaching Beginner Swimmers
 2. Teaching Intermediate Swimmers
 3. Teaching Advanced Swimmers
 - M. Final Exam 2 Hours
 - N. Culminating Activity 2 Hours

IV. Evaluation Methods

Weighting:

Written Exams	30%
Quizzes	50%
Class Projects	20%

Written exams will include true/false, multiple choice, open ended, or short answer essay questions. Announced and unannounced quizzes will be based upon text, presentations, assigned readings, and other related course material. Class projects will include presentations, lesson plans, teaching progressions, peer teaching, research projects, and a variety of activities requiring practical application of course related theories.

V. Example Grading Scale

Scale:

- A. 90%-100%
- B. 80%-89%
- C. 70%-79%
- D. 60%-69%
- E. 59% or Lower

VI. Undergraduate Course Attendance Policy

The university expects all students to attend class.

- It is recognized that students may need to miss class due to illness or personal emergency.
- A suggested limited level of allowable absences for this course would be 3 classes.

VII. Required Textbook(s), Supplemental Books and Readings

American Red Cross (2004). *Swimming and diving*, Staywell (publication #652222).

American National Red Cross. (2000). *Fundamentals of instructor training participant's manual*. Washington, D.C: American National Red Cross. (publication #A1174).

The American Red Cross (2004). *Water Safety Instructor's Manual*. StayWell. (publication #652223).

Optional:

The American National Red Cross (2004). *Americans with Disabilities Act (ADA) Accommodation Resource Guide for Conducting and Administering Health and Safety Services Courses*.

Services Courses. American Red Cross, *Safety Training For Swim Coaches Instructor's Manual*. American Red Cross, *Safety Training For Swim Coaches Textbook*.

American Red Cross, *Longfellow's Whale Tales*.

American Red Cross, *Waddles Presents Aquatic Safety*.

American Red Cross, *Infant and Preschool Aquatic Program Parent's Guide*.

VIII. Special Resource Requirements

- Swimming Suit, Goggles, and other desirable swimming apparel.
- For students meeting certification requirements, fees to the American Red Cross to receive cards.

IX. Bibliography

American Red Cross (2004). *Swimming and Diving*, Staywell.

Austswim (2001). *Teaching infants and preschool aquatics*. Champaign, IL: Human Kinetics.

Case, L. (1997). *Fitness aquatics*. Champaign, IL: Human Kinetics.

Jager, T.M. (1999). *Swimming, 1st Ed*. New York, NY: McGraw-Hill.

Katz, J. (1996). *The aquatic handbook for lifetime fitness*. San Francisco, CA: Pearson Education.

Lepore, M., Gayle, G.W., & Stevens, S. (1998). *Adapted aquatics programming: A professional guide*. Champaign, IL: Human Kinetics.

The American Red Cross (2004). *Water Safety Instructor's Manual*. StayWell.

Thomas, D.G. (2005). *Swimming: Steps to Success*. Champaign, IL: Human Kinetics.

YMCA of the USA. (1997). *Principles of YMCA aquatics*. Champaign, IL: Human Kinetics.

YMCA of the USA. (1999). *The youth and adult aquatics programming manual*. Champaign, IL: Human Kinetics.

Historical References

Counsilman, J.E. (1994). *The new science of swimming, 2nd Ed.* San Francisco, CA: Pearson Education.

Sova, R. (1992). *Aquatics: The complete reference guide for aquatic fitness professionals*. Boston: Jones & Bartlett.

(Old) Syllabus of Record

HP 261 Water Safety Instructor

1 Credit Hour

Prepared By: Ralph Johnson

- I. Prerequisite: HP 260 or current ARC Senior Lifesaving Certificate
- II. Areas of Concern
 - a. Bathing suits: bathing suits are required. Women must wear the required majors suit. Cut-offs, gym shorts, etc. are not permitted.
 - b. Hair: bathing caps are not required. Long hair must be capped or tied back so as not to interfere with skill development or testing.
 - c. Attendance: attendance must be regular to satisfy the required number of class hours for Red Cross Water Safety Instructor Certification.
 - d. Daily Procedure: Lecture will be held on _____. Water sessions will be held on_____.
- III. Catalog Description

Emphasizes the teaching aspect of the skills, techniques, and attitudes that are necessary in all areas of swimming. Students successfully completing the course are qualified to hold such positions as water front directors, aquatic directors, and other similar positions.
- IV. Course Requirements
 - a. Each student must pass a preliminary lifesaving test.
 - b. Aquatic skills and lecture topics (see following page).
 - c. Teaching Assignment and Lesson Plan: Each student instructor and teach at least one class session.
 - d. Open Water Session: a small craft and open-water rescue session will be held on Saturday, May ____ at Yellow Creek State Park. All students are required to attend as this will be part of the final grade.
- V. Grade Distribution

a. Open Water Session	10%
b. Daily Lesson Plan	10%
c. Teaching Assignment	10%
d. CPR & Multimedia	10%
e. Lifesaving-written	10%
f. Lifesaving-practical	20%
g. WSI-written	10%
h. WSI-practical	20%
- VI. Textbooks
 - a. Swimming and Water Safety – Red Cross – 1st Edition.
 - b. Lifesaving and Water Safety – Red Cross – 1st Edition, American National Red Cross, 1956.
 - c. The Swimming Pool - Its Chemistry, Management and Maintenance – 1st Edition, Johnson, 1971.

Lecture Topics

1. Orientation
2. Chapters 1, 2, 4, ARC Lifesaving Text
3. Chapters 6, 7, 8, ARC Lifesaving Text
4. Skin Diving
5. Written Exam
6. History of Swimming
7. Stroke Mechanics
8. Stroke Mechanics
9. Motor Learning
10. Diving Mechanics and Stroke Films
11. Pool Chemistry
12. Pool Chemistry
13. Filtration
14. ARC Certification Procedure

Aquatics Skills

1. Lifesaving test and Pre-lifesaving skills
2. Disrobing and Skin Diving
3. Skin Diving
4. Approaches all Carries and Life from Pool
5. Defenses and Releases
6. Practical Test
7. Practical Test
8. American and Back Crawl
9. Breaststroke and Elementary Backstroke
10. Side Stroke and Overarm Sidestroke
11. Trudgen Stroke and Trudgen Crawl
12. Diving
13. Diving