Instructor: Toni Pfister; Office: 716 (Northwest corner of Gym)
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Office Hours are Mondays 5:50 – 6:50pm, Wednesdays from 3:00 – 4:00 pm, Tuesdays/Thursdays from 12:30 – 2:00 pm. Changes are posted on office door. I have many other hours available to meet with you; just drop me a message if you would like to set up an appointment.

Class Meets: Tuesdays, 3:10 – 7:00 pm at the Pool and in Room 700. Be ready to swim EVERY session.
Last date to Add/Drop: March 16, 2009 / Deadline to drop with a “W”: May 18, 2009

Course Description: This course gives the most current instruction in the American Red Cross (ARC) Water Safety Instructor (WSI) course. Upon successful completion, students earn WSI certification. After candidate has his/her certification authorized by the ARC, they are able to teach the Learn to Swim programs of the American Red Cross. Transfer Credit: See Counselor.

Prerequisites: Adequate swimming skills are necessary (equivalent to WSI Level IV). Maintain a supine float for 1 minute. Tread water for 1 minute. Student must successfully complete the FIT course. For American Red Cross Certification students must be 16 years old by the final class meeting.

Instructor Certification Requirements:
Successfully complete the pre-course session. Attend and successfully participate in all required sessions.
Successfully complete the required number of practice-teaching assignments. Score at least 80 percent (40 out of 50) on the final exam. In addition, instructor candidates must demonstrate throughout the course that they are mature and responsible. The behaviors include, but are not limited to, the following:
Arrives on time and is prepared.
Returns from breaks on time.
Is prepared for class activities.
Completes homework assignments, including writing lesson plans.
Demonstrates that effort was put forth toward homework assignments.
Behaves appropriately to activities.
Provides appropriate feedback, as requested.
Treats others with respect and courtesy.
Makes an effort to improve their own skills.

Attendance is mandatory for every class. If you know that you have a pre-existing commitment then do not start this class. The class will move very quickly and will cover a significant amount of material, making participation and attendance critical to successful completion of the course.

Student Learning Outcomes:
Upon successful completion of the course the student will be able to: 1) Demonstrate knowledge of swimming skills by passing Am Red Cross (ARC) written exam on first attempt and 2) Implement a lesson plan that effectively teaches one aquatic skill using appropriate organization, strategies, cues, and constructive feedback.
Objectives
1. Present aquatic and safety skills to others using hydrodynamic principles and motor learning theories as well as the specific techniques used.
2. Plan, conduct, and evaluate aquatic and safety courses through practice teaching assignments.
3. Implement course-planning tools through practice teaching assignments.
4. Monitor participants’ practice and provide corrective feedback and encouragement, while ensuring participant safety.
5. Utilizing various American Red Cross materials used during the course. These include all videos, guides, and publications.

Attendance
1. You may miss up to 6% of the scheduled class hours and still receive a grade in the class. (3 hours) To receive ARC WSI certification please realize attendance is mandatory for all class lectures, activities, skill check-offs and exams. If these are missed they may not be able to be made up.
2. All absences are treated the same (doctor=s appointments, court hearings, illness, accidents, travel, etc.).
3. **DO NOT** come late to class. This is disrespectful and disruptive to the class. Being late is not acceptable when one is a swim teacher and it is not acceptable in this class; tardies may be treated the same as an absence – participation points WILL be lost.
4. If you plan to leave class early, please let me know. Leaving early or not returning after break can be treated as either a tardy or an absence.

Student Responsibilities
1. Participate in class discussions and activities.
2. Come to class prepared with readings completed.
3. Test Procedure: multiple guess. Blank answer sheets will be provided to you.
4. **All assignments must be typed and double-spaced or points will be lost.** (Lesson Plans may be hand written on WSI forms.)
5. If you are having trouble with the course and/or personal problems, communicate with the instructor as soon as possible so as to get the help needed.
6. Anyone caught cheating will be awarded an F grade and will not receive certification.
7. If you have any form of disability, please inform instructor within first week of class so that you may get the assistance you may need.
8. **Please**, no food, smoking, dogs or visitors in classroom or on the pool deck.
9. Never enter the aquatic complex unless your instructor is present. Never dive in the shallow pool or any water less than 9 feet deep.

Courses Water Safety Instructors Can Teach
1. Learn-to-Swim Levels 1-6
2. Parent and Child Aquatics (2 levels)
3. Preschool Aquatics (3 levels)
Evaluation:
Evaluation in the WSI course will happen on two levels, one for an academic grade (this is a 2 unit course) and another for certification requirements. Certification as an American Red Cross Instructor requires that the candidate be 16 years of age by the last day of the course, complete FIT, pass the WSI written test, complete practice teaching assignments (minimum of 5); and demonstrate stroke competencies and water skills. First Aid and CPR are not required for the WSI certification but are strongly encouraged. There will be additional stroke work and teaching practice.
*Satisfactory progress must be maintained by the student to remain enrolled in the class.
*To receive certification for the American Red Cross Water Safety Instructor (WSI) course, the student must:
1. Demonstrate competency in presenting information on specific aquatic and safety skills, emphasizing hydrodynamic principles and motor learning theories, and the specific techniques used to perform these.
2. Demonstrate competency on all practice teaching assignments. Competency will be achieved if the student does the following:
   - Properly plans, conducts, and evaluates each assignment; appropriately uses the course planning tools; and demonstrates the ability to monitor participant’s practice, provide corrective feedback and encouragement while ensuring participant safety.
3. Correctly answer at least 80 percent of the written test questions. There is one 50 question final test covering information from all American Red Cross materials and administrative issues. To pass this test, instructor candidates must answer at least 40 of the 50 questions (80%) correctly.

Grading:
24 points – Class Participation (Attending the whole class and fully participating.)
15 points - Practice Teaching
11 points – Videotaping of Strokes & Write-Up
15 points - Demonstration of strokes and water skills
25 points - Written Test (multiple choice for certification)
10 points – Oral Exam – Small group presentation reviewing local pool summer program.

100 points possible
A: 100 – 90%    B: 89 – 80%    C: 79 – 70%    D: 69 – 60%    F: below 60%

Method of Instruction:
Lectures, demonstrations, and use of various audio-visual equipment. Individual, partner, and group activities.

Text and Supplies Required: Mandatory Textbooks (must show instructor receipt for ARC WSI materials.)
1. ARC Swimming & Water Safety manual
2. ARC Water Safety Instructor’s Manual
3. ARC Learn to Swim booklets (2): Raffy Learns to Swim & Waddles in the Deep
4. ARC Water Safety Handbook
5. ARC Instructor Candidate Training Participant’s Manual (The FIT Manual)
6. Two ARC fees = $14.00

SUPPLIES: Swimsuit, towel, goggles, swim cap, spring/wet suit, texts, notebook, paper, pen/pencil, hydration/nutrition requirements. Teacher candidates are responsible for bringing their own suit and goggles.
Schedule Activities:
The instructor reserves the right to change the below schedule without prior notice.
Lessons Plans for Practice-Teaching Assignments must be completed PRIOR to the class meeting

Week 1 03/16
Welcome / Introductions
Course Overview
Verification of Eligibility
Syllabi
Water Skills Test

Week 2 03/23
Fundamentals of Instructor Training
Orientation to Course Materials
Stroke Practice

Week 3 03/30
Review and Questions
Planning and Preparing to Teach
Teaching Water Safety
Preparation for Skills Session and Assignment
Water Safety Skills
Development and Learning
Teaching Strategies
Practice Teaching Overview and Assignments
Planning Lessons
Refining Front Crawl
Preparation for Skills Session and Assignment
Stroke Practice

Week 4 04/13
Review and Questions
Holding and Support Techniques
Overview of Parent and Child Aquatics
Refining Back Crawl
Preparation for Skills Session and Assignment
Parent and Child Aquatics Skills
Teaching Parent and Child Aquatics Skills
Stroke Practice
Assign “mini” practice teachings for Parent and Child Aquatics

Week 5 04/20
Review and Questions
Evaluation
Overview of Preschool Aquatics
Recording and Reporting Progress
Refining Breaststroke
Preparation for Skills Session and Assignment
Experimenting with Hydrodynamic Principles
Holding and Support Positions and Basic Aquatic Skills
Stroke Practice

**Week 6  04/27**
Review and Questions
Overview Learn-to-Swim
Refining Butterfly
Preparation for skills session and assignment
Reciprocal Practice –Front Crawl, Back Crawl and Breaststroke
Practice Teaching I
Stroke Practice

**Week 7  05/04**
Review and Questions
Observation for assessment
Learn to Swim Levels 5 and 6
Managing Participants at Different levels
Refining the Elementary Backstroke
Preparation for Skills Session and Assignment
Practice Teaching 2
Stroke Practice

**Week 8  05/11**
Review and Questions
Teachings Starts and Turns
Refining Sidestroke
Preparation for Skills Session and Assignment
Progressions for Starts and Turns
Practice Teaching 3
Reciprocal Practice- Butterfly, Elementary Backstroke and Sidestroke
Stroke Practice
Video Taping

**Week 9  05/18**
Review and Questions
Customing for Adults
Behavior Management Strategies
Teaching Diving from a Diving Board
Preparation for Skills Session and Assignment
Diving Progressions
Practice Teaching 3
Teaching Techniques – Front Crawl, Back Crawl, Breaststroke
Video Taping Review
Week 10  05/25
Review and Questions
Customizing for Individuals with Disabilities and Other Health Conditions
Preparation for Skills Session and Assignment
Making Accommodations for Inclusion Exercise
Practice Teaching 4
Teaching Techniques – Butterfly, Elementary Backstroke and Sidestroke
Final Written Test

Week 11  06/01
Course Review
Local Chapter Information
Staying Informed Red Cross Awards
Oral Exam: Swim Program Reports
Video Taping Assignment Due

Week 12  06/08
Certifications & Wrap Up

Reading List for WSI
Students are responsible for reading all of the WSI materials: Instructor Manual, Swimming and Water Safety Manual, small booklets, and the CDRom materials. This is a brandnew revised version of WSI so if anything is not listed here and was overlooked, you will still be responsible for it.

Week 1
Pre-test – No reading assignment

Week 2
FIT

Week 3
IM: Chaps. 1, 2, 4, 10, 6 (FrontCrawl)
Appendix B-Stroke Performance Charts – Front Crawl & Back Crawl
SWS: Chaps. 1, 2, 3, 6
Read Water Safety Handbook
Review Longfellow’s WHALE Takes K-6 Ed Packet
Review drills and games on CRRom
Review Front Crawl section of the Stroke Performance Charts in the IM or on the CDRom

Week 4
IM: 3, 5, 7, 8, 6 (Backstroke)
Read Raffy Learns to Swim and Waddles in the Deep booklets
Review Activities, Drills and Games on CDRom
Review Back Crawl section of the Stroke Performance Charts in the IM or on the CDRom
Week 5
IM: Chap 6 (Breaststroke), 8, 9 (Stroke Performance Chart, levels 1 and 2)  
SWS: Chaps 4, 5  
Review Breaststroke section of the Stroke Performance Charts in the IM or on the CD Rom

Week 6
IM: Chap 5 (“Learner Characteristics of School-Aged Children”), 6 (Butterfly), 9 (Stroke Performance Chart, levels 3 and 4)  
Review Butterfly section of the Stroke Performance Charts in the IM or on the CD Rom  
Practice Teaching I

Week 7
IM: Chaps 6 (Elementary Backstroke), 9 (Stroke Performance Chart, levels 5 and 6)  
Review Elementary Backstroke section of the Stroke Performance Charts in the IM or on the CD Rom  
Practice Teaching II

Week 8
IM: Chaps 5, 6 (Sidestroke)  
Review Sidestroke section of the Stroke Performance Charts in the IM or on the CD Rom  
SWS: Chap 7, 8, 9  
Practice Teaching III  
Video Taping

Week 9
SWS: Chap 9, 10  
IM: Chap 6  
Study for Exam  
Catch up on reading / review any strokes you are unsure of or having difficulty with  
Practice Teaching III  
View Stroke Videotape or Video Write-Up Due

Week 10
Exam  
Practice Teaching IV

Week 11
Catch Up  
Oral Presentation of Pool Summer Programs

Week 12
Certifications & Wrap Up