

**San José State University**  
**Department of Kinesiology**  
**Kin 105 Sec 01 Sec 02 – Water Safety Instructor**  
**Spring 2022**

**Course and Contact Information**

Instructor: Roger Coldiron  
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Office Hours: By Canvas, email or by appointment (my office is in the SRAC on the pool deck)  
Class Days/Time: Friday 9:00-11:50am - In Class SPXE 163 SPXE 180  
Prerequisites: Students must be able to swim at a level 4, float on their back for 1 minute and tread water for 1 minute.

**Course Description:** This course teaches students how to prepare safe lessons and evaluate swimming skills. Content for this course includes lectures, student presentations, teaching assignments, written exams, and videos. The course activities are designed to allow students to become Red Cross certified upon completion and passing of the class.

**Course Format:** This course is in person which includes both pool and classroom activities. Tasks include participating in class discussions, lectures, swimming, and water activities. There will be a final exam at the end of the course.

**Course Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

1. Students will be able to prepare and deliver safe swim lessons for all levels.
2. Students will be able to provide directions and manage skilled lessons.
3. Students will be able to observe swimming skills and how to develop their skills.
4. Students will be able to modify swim lessons to unexpected challenges and demonstrate the ability to facilitate swimmers who move, learn and communicate differently.

**Course Assignments**

<b>Topic</b>	<b>Length</b>	<b>Location</b>
Welcome and Introduction to Precourse Session	10 minutes	Classroom

Verification of Age prerequisites	5 minutes	Classroom
Preparation for Skills Session	10 minutes	Classroom
Orienting to the American Red Cross Swimming and Water Safety Materials	25 minutes	Classroom
Introduction to the WSI Course	25 minutes	Classroom
Orienting to the American Red Cross Swimming & Water Safety Program & Materials	20 minutes	Classroom
Planning and Preparing to Teach	25 minutes	Classroom
Teaching Water Safety	40 minutes	Classroom
Making Good Safety Decisions	10 minutes	Classroom
Preparation for Skills Session and Assignment	10 minutes	Classroom
Swimming and safety skills – water session (Part of Academy Skill Verification)	10 minutes	Pool
IT Development Program	2 hours 15 minutes	Classroom
Development and Learning	2 hours 45 minutes	Classroom
Teaching Strategies	45 minutes	Classroom
Planning Lessons	20 minutes	Classroom
Practice-Teaching Overview and Assignments	10 minutes	Classroom
Refining the Front Crawl	15 minutes	Classroom
Model Practice-Teaching Demonstration	15 minutes	Pool
Stroke Practice – Front Crawl	20 minutes	Pool

Common Teaching Progressions—Front Crawl and Back Crawl	20 minutes	Pool
Holding and Support Techniques	20 minutes	Classroom
Overview of Parent and Child Aquatics	15 minutes	Classroom
Refining the Back Crawl	45 minutes	Classroom
Observation for Assessment	10 minutes	Classroom
Parent and Child Aquatics Skills	15 minutes	Pool
Teaching Parent and Child Aquatics Skills	20 minutes	Pool
Stroke Practice—Back Crawl	20 minutes	Pool
Reciprocal Practice—Front Crawl and Back Crawl	20 minutes	Pool
Evaluation	10 minutes	Classroom
Overview of Preschool Aquatics	35 minutes	Classroom
Recording and Tracking Progress	15 minutes	Classroom
Refining the Breaststroke	10 minutes	Classroom
Overview of Learn-to-Swim	10 minutes	Classroom
Managing Participants at Different Levels	30 minutes	Classroom
Refining the Butterfly	25 minutes	Classroom
Experimenting with Hydrodynamic Principles	20 minutes	Pool
Holding and Support Positions and Basic Aquatic Skills	10 minutes	Pool
Stroke Practice—Breaststroke	15 minutes	Pool
Practice-Teaching 1	1 hour 30 minutes	Pool
Learn-to-Swim Levels 5 and 6	15 minutes	Classroom

Teaching People Who Move, Learn, Communicate or Behave Differently	15 minutes	Classroom
Refining the Elementary Backstroke	10 minutes	Classroom
Teaching Starts	25 minutes	Classroom
Teaching Turns	15 minutes	Classroom
Refining the Sidestroke	10 minutes	Classroom
Reciprocal Practice—Front Crawl, Back Crawl and Breaststroke	25 minutes	Pool
Stroke Practice—Butterfly	15 minutes	Pool
Practice-Teaching 2	1 hour 30 minutes	Pool
Making Accommodations for Inclusion Exercise	20 minutes	Pool
Stroke Practice—Elementary Backstroke	15 minutes	Pool
Progressions for Start	20 minutes	Pool
Starts from a Starting Block	30 minutes	Pool
Stroke Practice—Sidestroke	15 minutes	Pool
Reciprocal Practice—Butterfly, Elementary Backstroke and Sidestroke	20 minutes	Pool
Longfellow’s WHALE Tales	30 minutes	Classroom
Overview of Adult Swim	15 minutes	Classroom
Working with Adults	20 minutes	Classroom
Managing Behavior	15 minutes	Classroom
Teaching Diving from a Diving Board	10 minutes	Classroom
Progressions for Turns	20 minutes	Pool

Practice-Teaching 3	1 hour 45 minutes	Pool
Diving Progressions	45 minutes	Pool
Reviewing Practice-Teaching Experiences	40 minutes	Classroom
Teaching Private Lessons	5 minutes	Classroom
Practice-Teaching 4	1 hour 45 minutes	Pool
American Red Cross Administrative Policies and Procedures	20 minutes	Classroom
American Red Cross National Lifesaving Awards Program	5 minutes	Classroom
Staying Informed	5 minutes	Classroom
Final Written Exam	25 minutes	Classroom

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

**Class Assignments / Participation**~This includes assignments such as group work, presentations, lectures, swimming tests, written tests, homework readings, as well as participation in class discussions.

**Student Introduction**~Students will introduce themselves on the first day of instruction.

**Required Readings and Presentations**~Each week students will be required to read and present a topic they are assigned.

**Required Materials**- Students will be required to bring appropriate swim attire to every class. The required book will be free of charge on canvas. Masks are required inside the classroom.

At the end of this course students will take the Red Cross written exam. A student must take and pass the exam with 80% or more to be certified as a Water Safety Instructor.

**There will be no extra credit for this course.**

## Grading

A+ = 100-97%	A = 96-93%	A- = 92-90%
B+ = 89-87%	B = 86-83%	B- = 82-80%
C+ = 79-77%	C = 76-73%	C- = 72-70%
D+ = 69-67%	D = 66-63%	D- = 62-60%
F = 59-0%		

## University Policies

Per [University Policy S16-9](#), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on [Syllabus Information web page](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources

**Cell Phones:** Students will turn their cell phones off or on silent mode while in class. They will not answer their phones in class. Students whose phones disrupt the course and do not stop when requested by the instructor will be referred to the Judicial Affairs Officer of the University.

**Personal Computer Use:** In the classroom, students can use computers only for class-related activities; taking notes on the lecture underway, following the lecture on Web-based PowerPoint slides that the instructor has posted and to complete in class assignments.

Students using computers and smartphones for other activities (web surfing, Facebook, etc.) at a minimum, will be asked to leave the class and will lose participation points, and, at a maximum, will be referred to the Judicial Affairs Officer of the University for disrupting the course. (Such referral can lead to suspension from the University.)