GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education and Athletics
ADVANCED AQUATICS, PA 300

W.91

1.0 INSTRUCTOR: David Kay

2.0 COURSE OBJECTIVES:

2.1 To improve swimming abilities
2.2 To demonstrate advanced aquatic skills
2.3 To identify the scientific principles applied to the performance and analysis of aquatic skills
2.4 To demonstrate life saving theory and resuscitation

3.0 Course Description

This course is designed to introduce the swimmer to advanced stroke techniques and life saving skills. RLSSC Bronze Medallion and Senior Resuscitation Certificate may be achieved.

4.0 Transfer of Credits

University of Alberta PAC 300 Advance Aquatics, (3.0 credits)
University of Lethbridge PAC 2005 (1.5 credits)

5.0 Prerequisite

PA 200 or equivalent

6.0 Texts

6.1 Canadian Life Saving Manual (RLSSC)
6.2 Recommended: Water Safety Instructor Guide and Reference.

7.0 Course Content

7.1 Swimming strokes include front crawl, back crawl, side stroke, breast stroke, head up front crawl, head up breast stroke, trudgen crawl, and life saving stroke.
7.2 Aquatic skills will include surface dives, entries, water safety and life saving skills, and an introduction to water polo skills.
7.3 Endurance swim
7.4 Theory topics include the principles of swimming, principles of floatation, life saving and resuscitation theory, stroke analysis, and the principles of teaching.

8.0 Evaluation

8.1	Practical Swimming Exam (March 23: 6:30-9:30)	50 points
8.2	Term Assignment (due March 11)	25 points
8.3	Written Exam (April 3)	25 points

9.0 Course Requirement

9.1 Attendance: The Department of Physical Education and Athletics policy regarding attendance in physical activity courses allows unexcused absences accounting to not more than 10% of the total class sessions. (i.e. three classes)

9.2 Dress: students are required to dress in bathing suits.

10.0 Schedule (M, W, F 8:00 a.m. - 8:50 a.m.)

Jan.	2	Course Outline, faculty orientation, swim
	4	Front crawl analysis/D&C
	7	Back crawl analysis/D&C
	9	Breast stroke analysis/D&C
	11	Side stroke analysis/D&C
	14	Principles of floatation
	16	Swim endurance
	18	Swim endurance
	21	Swim endurance
	23	Water entries/underwater swim/search
*	25	Swim training
	28	Principles of swimming
	30	Floatation skills
Feb.	1	Swim training
	4	RLSSC knowledge section
	6	Rescue breathing
*	8	Swim training
	11	Help position/Victim types (pants and shirts)
*	15	Swim training
	18	Defences
	20	Throwing aids
*	22	Swim training
Mar.	4	Tows and carries
	6	Tows and carries
*	8	Swim training
	11	Rescues
	13	Rescues
*	15	Swim training
	18	Exam prep.
	20	Exam prep.
	22	Exam prep.
	23	Practical (exam: 6:30-9:30 p.m.)
	25	Water polo
	27	Water polo
Apr	3	Written Exam

11.0 Term Assignment

Students may select one of three options by Jan. 11/91.

a. Term Paper: Maximum length six type written pages . (list of suggested topics attached)

b. Stroke Analysis: Students provide an in-depth analysis of four of their own strokes on the basis of video-taped recordings. Students are responsible for recording and supplying the instructor with the tape.

c. Student Teaching: Students will teach the class a twenty minute lesson on an aquatic skill, water safety skill, or a swimming stroke.;

12.0 Practical Examination

Pass the bronze medallion and senior resuscitation examination assigned (March 23)
(* three regularly scheduled classes will be cancelled in lieu of this practical exam).

SUGGESTED TOPICS FOR TERM PAPERS

1. Physical principles applied to some selected strokes.
2. Comparison of teaching methods in swimming.
3. Aquatic programs for (summer camps, community pools, schools, etc.).
4. Teaching the beginning swimmer.
5. The importance of water safety skills in an aquatic program.
6. Teaching the older adult how to swim.
7. Evaluating an aquatic program.
8. The use of games and stunts in an aquatic program.
9. The importance of distance swimming in an aquatic program.
10. The physically handicapped in an aquatic program.
11. A comparison of methods of artificial respiration.
12. A water safety program designed for _____.
13. Conditioning methods for swimming.
14. Stroke analysis and correction for the intermediate level swimmer.
15. Stroke progressions for the junior level swimmer.
16. Comparison of different environments for teaching swimming (pool, beach, surf, lakefront).