

Grande Prairie Regional College
Department of Physical Education and Athletics
Course Outline for Advanced Aquatics, PA300, 1992 W

1.0 Instructor:

David Kay, Office K-215, ph.539-2034

2.0 Course Objectives:

- 2.1 To improve swimming abilities and swimming endurance.
- 2.2 To demonstrate advanced aquatic rescue skills at the RLSS Bronze Medallion level.
- 2.3 To identify the scientific principles applied to the performance and analysis of aquatic skills.
- 2.4 To describe advanced life saving theory.
- 2.5 To effectively execute resuscitation at the Senior Resuscitation level.

3.0 Course Description:

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

4.0 Transfer of Credits:

University of Alberta: PAC300 Advanced Aquatics (3.0 credits)
University of Lethbridge PAC2005 (1.5 credits)
Athabasca University APST 3xx (3.0 credits)

5.0 Prerequisite:

PA200 or approval from the instructor

6.0 Texts:

- 6.1 The Canadian Life Saving Manual (RLSS)
- 6.2 Emergency First Aid, safety oriented, Modular Course Workbook (St. John Ambulance)
- *recommended: Water Safety Instructor Guide and Reference (Red Cross)

7.0 Course Content:

7.1 Swimming strokes which include front crawl, back crawl, side stroke, breast stroke, head up front crawl, head up breast stroke.

7.2 Aquatic skills will include surface dives, entries, water safety and life savings skills. (throws, tows, carries, victim removal)

7.3 Swimming endurance

7.4 Theory topics. principles of swimming, principles of floatation, life saving and resuscitation, stroke analysis, and briefly the principles of teaching.

8.0 Evaluation:

8.1 Practical Bronze Medallion Exam	50 pts.
8.2 Term teaching assignment	25 pts.
8.3 Written final exam	25 pts.

9.0 Schedule:

Mondays, Wednesdays, Fridays 8:00-8:50am.

10.0 Course Requirement:

10.1 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. (ie. 4 classes)

10.2 Dress: Students are required to be dressed in bathing suits while in the water.

11.0 Term Assignment:

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:

Students will pay the examination fee as charged by RLSS. The practical exam will be administered near the end of the course as per the detailed schedule.

13.0 Detailed Schedule:

- Jan. 6 course outline, facility orientation, swim
8 front crawl analysis/ detection and corrections R. vol.2,pp20-22
10 * endurance swimming

13 back stroke analysis/ D&C R. vol.2,pp22-24
15 breast stroke analysis/ D&C R.vol.2,pp24-26
17 Side stroke analysis/ D&C R.vol.2,pp26,27

20 Swim training RLSS Motto, components of life saving,
steps in water rescue education(rescue ladder), emergency steps,
rescuer's check list, rescuers slogan R. vol.3,pp7-9.
22 Floatation skills R. vol.2,pp5-12
24 Underwater swimming/ Life Saving Fitness/ Swim training R.
vol.2,pp32-34

27 Water entries R. vol.2,pp13-15
29 Rescues R. vol. 3,pp 10-15
31 *Swim training
- Feb. 3 Assuming Responsibility/victim simulation R. vol.3,pp 43-44/
Towing Rescues R. vol.3,pp 16-19
5 Contact Rescues R. vol.3,pp 19-24
7 Contact Rescues R. vol.3,pp 19-24

10 Contact Rescues/defenses R. vol.3,pp 27-34
12 Contact Rescues/Underwater search R.vol3,pp 34-39
14 Rescues

19 Tow/assist/carry
21 endurance swim
23 self rescue/HELP/disrobing in water
- March 2 Resuscitation R. Workbook chp.2
4 Resuscitation in water
6 choking victims R. Workbook chp.3

9 aquatic emergency care-Assessments/vital signs R.vol.4,pp15,16
11 aquatic emergency care-review rescue breathing R.vol4,pp5-13
13 aquatic emergency care-workbook chp.20

16 aquatic emergency care-workbook chp.4,5,6,8,18,17

18 rescues

20 RLSS -aims of the society/Drowning and Aquatic Accidents R.
vol.1,pp1-3

23 practical exam preparation

25 practical exam preparation

27 practical exam preparation

30 practical exam

April 1 practical exam

3 practical exam

6 term assignments

8 term assignments

10 term assignments

13 term assignments/final take home due

15 term assignments