

**UNIVERSITY OF PITTSBURGH  
DEPARTMENT OF HEALTH AND PHYSICAL ACTIVITY**

**HPA 0497 / PEDC 0147      WATER SAFETY INSTRUCTOR - FALL TERM 2020**

Instructor(s)            Kevin McLaughlin  
Office Phone            412.383.8774  
Office Hours            For appointment call 412.383.8774 or e-mail for time  
Class Time              Mon / Wed 11:30 – 12:55pm  
Location                Trees Pool & Room 134  
Email                     kjmclaug@pitt.edu

**COURSE DESCRIPTION:**

The (2) credit Water Safety Instructor course is designed to teach American Red Cross Swimming and Water Safety courses. The course focuses on planning, organizing, sequencing, skill development, and Red Cross operational policies and procedures.

(This course is appropriate for a Level 4 swimmer or better. **SKILL PREREQUISITES FOR THIS COURSE:**

1. **Swim following strokes consistent with the Stroke Performance Charts Level 4**

Front Crawl 25 yards	Back Crawl 25 yards
Breaststroke 25 yards	Elementary backstroke 25 yards
Sidestroke 25 yards	Butterfly 15 yards
2. Maintain position on back for 1 minute in deep water (floating or sculling)
3. Tread water for 1 minute

**\*Students who do not meet the pre-requisites for this class will not be eligible for the course\***

**TEXTBOOKS**

Longfellow's WHALE Tales Centennial Edition  
*American Red Cross Swimming and Water Safety Manual*  
*American Red Cross Water Safety Instructor's Manual*

**COURSE OBJECTIVES:**

1. To fulfill and satisfy American Red Cross course requirements for a Pass (P) grade and eligibility for certification.
2. Demonstrate the required skills at an acceptable level of performance.
3. To demonstrate the qualities of a responsible Red Cross representative

**STUDENT RESPONSIBILITIES:**

1. Students must provide their own suit, cap goggles, etc...
2. Lockers are available during class time only

3. Attendance policy: **1 absence is allowed.** Beginning with a 2<sup>nd</sup> absence, 5 points will be deducted from your participation grade. **No show, no certification!**
4. Books/course packet must be brought to each class
5. Carefully prepare for all lesson plans/teaching and turn them in on time

**STUDENT RESPONSIBILITIES:**

- Come to class in the proper exercise attire. Please note: muddy, snowy, salty shoes damage fitness flooring and equipment. Please change shoes prior to entering the fitness facilities.
- Students will be responsible for cleaning equipment after use.
- Regular attendance is mandatory.
- Grades are based solely on attendance and participation. In consideration of the unknowns with COVID, please communicate to your instructor **immediately and often** if you are having any issues with participation in class. Online options will be made available to all students and will count as attendance as needed. These options will be explained by your instructor.
  - Absences are excused under the following circumstances:
    - Medical Emergency or Sickness– Must have a note from medical doctor documenting visit–must include date of absence(s).
    - Mandatory Academic Event– Must have a note from advisor/professor documenting attendance–must include date of absence(s).
    - Personal or Family Emergency – Communication with instructor is required prior to missing class. Discuss plan for making up classes immediately upon return.
  - If the student misses more than 2 classes due to these documented events, he or she will be required to make-up these classes in a timely manner during the semester.
  - In the case that the classes cannot be made up within the same semester, the student will be issued an incomplete grade, and be given the opportunity to make up the missed classes in a subsequent semester.
  - A “G” grade will not be an option for students who fall behind in the course for non-emergency reasons.
  - Extra credit of any kind is not an option, including participation in a research study.
  - This course CANNOT be taken as an AUDIT or FREE EXERCISE CLASS.
- Students are not permitted into the facilities and are not permitted to begin using equipment until the instructor is present and has prompted the start of the workout/conditioning activities.
- Students are required to participate in the entire length of the class.
- Notify the instructor immediately if an accident or injury occurs during class.
- Cell phone use is PROHIBITED during class except for when instructor permits use in Weight Training, and Personal Fitness Courses.

**EVALUATION**

1.	<b>Participation/Practice Teaching*</b>	<b>25%</b>
2.	<b>In - Class Teaching</b>	<b>35%</b>
3.	<b>Final WSI exam</b>	<b><u>40%</u></b>
		<b>100%</b>

**\*To be eligible for certification, students are REQUIRED to spend a minimum of 2 hours of volunteer teaching in a University of Pittsburgh Swimming class. You'll assist an instructor by teaching various levels for 2 one hour classes.**

**RED CROSS CERTIFICATION REQUIREMENTS**

1. Successfully complete all pre-course/pre-requisites
2. Earn a B or better letter grade in University of Pittsburgh class
3. Attend and successfully participate in all course sessions
4. Successfully complete the required number of practice teaching assignments
5. Score at least 80% or better on final exam

### **SPECIAL NEEDS**

*\*If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and Disability Resources and Services, 216 William Pitt Union, (412) 648-7890 / (412) 383-7355 (TTY), as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.\**

*\*No student enrolled in an academic course, this includes any Basic Instruction Course, can earn extra credit for participating in a research study, nor can the student use participation in a research study in place of attending required classes. (NOTE: A student may volunteer to participate in a study without an academic incentive or if this does not substitute for scheduled class time.)*

### **Departmental of Health and Physical Activity Grievance Procedure**

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation there are a series of steps that should be taken in an attempt to resolve this matter. These include the following:

1. The student should first inform the instructor of the course of the issue in an attempt to resolve this matter. If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter. The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question. The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.
2. If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance. This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail. This document should include the following:
  - a. Student's name
  - b. Student contact information (email, address, telephone number)
  - c. Information on the course for which the grievance applies (course title, course number, instructor name).

- d. A copy of the course syllabus that was provided to the student by the instructor
- e. Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

- 3. If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education. If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.