

# Course Outline

**School / Portfolio:** Faculty of Health

**Course Title:** AQUATICS AND WATER SAFETY

**Course ID:** HMALS1008

**Credit Points:** 15.00

**Prerequisite(s):** Nil

**Co-requisite(s):** Nil

**Exclusion(s):** Nil

**ASCED Code:** 70301

## Program Level:

AQF Level of Program						
	5	6	7	8	9	10
<b>Level</b>						
Introductory	■	■	✓	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	■	■

## Learning Outcomes:

### Knowledge:

- K1.** Appraise and critique swimming and survival techniques for the purposes of recreation, safety and sport.
- K2.** Identify and apply water safety and swimming teaching sequences and correction strategies appropriate to the teaching of swimmers of a range of ability.
- K3.** Discuss effective teaching approaches, strategies and resources that can be adopted within an aquatic environment to meet the specific abilities and learning needs of a range of individuals and groups.
- K4.** Discuss the effects various fluid forces have on a swimmer and how these forces can be manipulated to enhance swimming performance.
- K5.** Identify the safety and legislative requirements associated with taking students to a range of aquatic environments.
- K6.** Explain the health risks associated with sun exposure in outdoor aquatic activities and suggest strategies to minimise such risks
- K7.** Critically reflect on drowning prevention and water safety issues from a global perspective.

### Skills:

- S1.** Analyse aquatic techniques through observation, determine any faults and apply appropriate teaching and correctional strategies.
- S2.** Develop and participate in teaching and learning activities appropriate to teaching swimming and sun safety in various aquatic environments.

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## Application of knowledge and skills:

- A1.** Critically analyse and evaluate the swimming techniques of swimmers ranging in ability, and clearly communicate this information to improve their level of skill and performance.
- A2.** Proficiently implement skills for aquatic survival in an aquatic emergency.
- A3.** Adopt the role of a lifeguard in a range of aquatic scenarios and demonstrate the ability to work individually and collaboratively with others to respond to an aquatic emergency.  
Select, implement and justify selection of appropriate rescue skills in aquatic emergency scenarios.
- A4.** Select, implement and justify selection of appropriate rescue skills in aquatic emergency scenarios.

## Course Content:

Topics may include:

- Water discovery and awareness
- Entries and exits
- Survival strategies and techniques
- Rescue
- Stroke exploration and stroke development
- Specific populations in the aquatic environment
- Preparation and planning of aquatic sessions

## Values and Graduate Attributes:

### Values:

- V1.** Recognise the importance of developing correct and efficient technique as a basis to swimming and water safety.
- V2.** Appreciate the significance of swimming and water safety in terms of safety, health and lifelong social importance within the Australian community.
- V3.** Recognise the need for thorough preparation and planning of aquatic sessions to address specific populations and purposes.

## Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Task	Assessment Type	Weighting
K1-K6; S1-S2; A1-A4	At least 90% attendance and participation in practical sessions and demonstration of competence in performing set skills, including rescue scenarios.	Satisfactory/Unsatisfactory	N/A
K3, K5-K6; S2	Development of resources for teaching aquatics in specific environments and for specific abilities and learning needs	Teaching resource	30%
K1-K2; S1; A1	Analyse aquatic technique through observation and identify both positive attributes and causes of faulty and inefficient technique. Indicate appropriate strategies and drills for further development and/or correction.	Analysis of swimming performance and recommendations for improvement.	30%

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Learning Outcomes Assessed	Assessment Task	Assessment Type	Weighting
K1-K6	Review and apply aquatic concepts presented in the lectures and tutorials from the entire course to a variety of aquatic settings.	Final theory exam	40%

## Adopted Reference Style:

APA