

# HSQ

## Adapted Aquatics

### HSQ 121: Intermediate Swimming

Designed to equip swimmers with detailed swimming strokes and water skills.

*1 credit, S/F graded*

### HSQ 221: Lifeguard Training I

The first in a two-semester sequence leading to certification as an American Red Cross lifeguard. Course content includes elementary rescue techniques, boating and equipment rescues, and swimming rescues.

*2 credits*

### HSQ 222: Lifeguard Training II

Preparation for the Red Cross certification in Lifeguard Training and Waterfront Lifeguarding. The material includes requirements and responsibilities of lifeguards, selection and training, preventive lifeguarding, emergency procedures, records and reports, equipment, health and sanitation, water rescues, search and recovery, and environmental conditions.

*2 credits*

### HSQ 223: Water Safety Instructor

A course designed for students to meet the requirements for certification as an American Red Cross Water Safety Instructor.

*2 credits*

### HSQ 270: Emergency Response, CPR and Personal Safety

An American Red Cross, American Heart Association, and A.A.O.S. certification course designed to develop skills and knowledge for the immediate care given to an individual who has been injured or taken ill. The course issues certification in emergency response first aid, professional CPR training, and the use of automated external defibrillators. Presentations include legal issues; disease transmission and prevention; wound care; drugs, alcohol, and other substance abuse; cardiovascular and respiratory disease; AIDS and STD education. Certifications issued meet the required standards for admission to undergraduate and graduate health sciences programs. An extra-fee course.

*3 credits*

### HSQ 271: Instructor of Cardiopulmonary Resuscitation

Covers the American Red Cross and/or American Heart Association certification

requirements for Instructor of CPR for the Professional Rescuer and Instructor of Basic Life Support Cardiopulmonary Resuscitation for the Health Care Provider. The course includes teaching methods and protocols of cardiopulmonary resuscitation, including infant, child, adult and two rescuer procedures and use of bag-valve masks.

*Prerequisites: HSQ 270 (or the former PEC 270); permission of instructor*

*2 credits*

### HSQ 272: Instructor of First Aid

Covers the American Red Cross and/or A.A.O.S. certification requirements for Instructor of Responding to Emergencies First Aid. The course includes teaching methods and protocols for effective first-response techniques in various emergencies, including treatment of bleeding, burns, fractures and dislocations, and sudden illness.

*Prerequisites: HSQ 270 (or the former PEC 270); permission of instructor*

*2 credits*

### HSQ 325: Instructor of Adapted Aquatics I

One course of a two-semester sequence in the adaptation of the aquatic environment and aquatic skills to teach the disabled, leading to instructor and/or aid certification in Adapted Aquatics. Focuses on a wide spectrum of disabilities including physical, mental, emotional, and multiple disorders in children through adults. Consideration of motor movement and learning theories, development of normal versus impaired motor-cognitive skills, hydrodynamics and aquatic adaptation, and related anatomy, physiology, and disease etiologies. Class time is equally divided between lecture/recitation and clinical work in the swimming pool. The sequence may be completed in either order for certification.

*2 credits*

### HSQ 326: Instructor of Adapted Aquatics II

Second course of a two-semester sequence of instructor training in the adaptation of the aquatic environment and aquatic skills for teaching the physically, mentally, emotionally, or multiple challenged, leading to instructor and/or aid certification in Adapted Aquatics. Focus on the general physiological and genetic etiologies of various disabilities as well as the commonly used surgical treatments, drug therapies, and prosthetic devices for the disabled. Class time is equally divided between lecture/recitation and clinical work

in the swimming pool. The sequence may be completed in either order for certification.

*2 credits*

### HSQ 329: Fieldwork in Adapted Aquatics Instruction

Provides the Adapted Aquatics Instructor or Aid candidate the possibility of concentrating on a specific disability. Students study full case histories and medical files and prescribed physical, occupational, and/or respiratory therapy regimens for specific disabled individuals. Students develop focused aqua-therapy and instructional aquatic regimens for the individual. May be repeated to a maximum of 3 credits.

*1 credit*

### HSQ 475: Adapted Aquatics Teaching Practicum I

Students assist faculty members teaching Adapted Aquatics and/or Emergency Response classes. In addition to working as tutors during instructional periods, students have regular conferences with a faculty supervisor. Students may not serve as teaching assistants in the same course twice.

*Prerequisites: Advanced skill level; permission of instructor and department*

*2 credits, S/F graded*

### HSQ 476: Adapted Aquatics Teaching Practicum II

Advanced students assist faculty members teaching Adapted Aquatics and/or Emergency Response classes. In addition to working as tutors during instructional periods, students have regular conferences with a faculty supervisor. Students may not serve as teaching assistants in the same course twice.

*Prerequisites: Advanced skill level; permission of instructor and department*

*2 credits, S/F graded*