Adapted Aquatics

HSQ 121 Intermediate Swimming
Designed to equip the deep-water swimmer with more advanced 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. Prerequisite: Permission of instructor
2 credits

HSQ 222 Lifeguard Training II
Preparation for the Red Cross certification in lifeguard training. 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. Prerequisite: HSQ 221 (or the former PEC 221)
2 credits

HSQ 223 Water Safety Instructor
A course designed to help the student meet the requirements for certification as a Red Cross water safety instructor. Prerequisites: HSQ 221 (or the former PEC 221); skill proficiency test
3 credits

HSQ 270 Emergency Response, CPR, and Personal Safety
An American Red Cross and American Heart Association 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 includes certification in emergency response first aid, professional CPR training, and the use of automated defibrillators. Presentations on 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 Red Cross certification requirements for Instructor of Community Cardiopulmonary Resuscitation (CPR) and Instructor of Basic Life Support Cardiopulmonary Resuscitation. The course includes teaching methods and protocols of cardiopulmonary resuscitation, including infant, child, and adult procedures. Prerequisites: HSQ 270 (or the former PEC 270); permission of instructor
2 credits

HSQ 272 Instructor of First Aid
Covers the Red Cross certification requirements for Instructor of Standard 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, physical, mental, emotional, and multiple disorders in children and 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. Prerequisite: HSQ 223 (or the former PEC 223)
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. Focuses 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. Prerequisite: HSQ 223 (or the former PEC 223)
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 three credits. Prerequisite: HSQ 326 (or the former PEC 328)
1 credit

HSQ 475 Adaptive Aquatics Teaching Practicum I
Students assist faculty members teaching Adaptive Aquatics 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 Adaptive Aquatics Teaching Practicum II
Advanced students assist faculty members teaching Adaptive Aquatics 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.