

## **EL 174: Water Safety Instructor** **HEALTH, EXERCISE SCI & RECREATION MGMT**

Techniques of aquatic instruction to include basic water safety, emergency water safety and progression swimming. Red Cross certification is possible. Prerequisite: Proficient swimming skills to include: front crawl, back crawl, elementary backstroke, breaststroke, sidestroke. Must pass pretest. Must be lifeguard certified or possess emergency water safety certification.

2 Credits

### **Instruction Type(s)**

- Lecture/Lab: Lecture/Lab for EL 174

### **Course Fee(s)**

#### **Applied Science**

- \$5.00

### **Subject Areas**

- [Health and Physical Education, General](#)
- [Kinesiology and Exercise Science](#)

### **Related Areas**

- [Health and Physical Education/Fitness, Other](#)
- [Sport and Fitness Administration/Management](#)

