

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

• \$50.00

Subject Areas

- Health and Physical Education, General
- Kinesiology and Exercise Science

Related Areas

- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management
- Sports Studies

