

Teaching Cold Water Safety and Survival for Educators ED 593, FALL 2018, 2 CREDITS, PASS/NO PASS

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COURSE CONTENT

This course is designed for teachers and other educators interested in teaching cold water safety and survival. It provides teachers with two credits toward re-certification of their Alaska Teaching Certificates.

COURSE DESCRIPTION

Cold Water Safety and Survival for Educators earns two 593 credits through UAS Sitka to those successfully completing the course. It teaches content on hypothermia, personal flotation devices, cold water safety and survival, and ice safety and rescue using activities from AMSEA's K-12 curriculum, *Surviving Outdoor Adventures*. Many of the activities are adapted for online learning. The Risk Assessment module is added as an important component of planning outdoor activities with youth. The content of this course covers material in the first two volumes of this curriculum: *Survivor!* and *Cold Water Safety and Survival*. Alaska Content Standards for all activities are in it, although accessing the most up-to-date Standards on line is advised.

Students successfully completing this course will be prepared to teach these topics to their students, and will have created a lesson plan and planned an outdoor activity as part of their course work. In order to use AMSEA's vast inventory of equipment, students will have to complete a hands-on workshop in addition to the "classroom" didactics. This is not a part of this course, but can be arranged directly with AMSEA.

INSTRUCTIONAL METHODOLOGIES

This course includes written material, interactive learning material, videos, a couple of short research topics, creation of a lesson plan, and quizzes. It involves interaction with the computer in some fun activities as well as interaction with fellow students and the instructor in forums.

COURSE SCHEDULE

The course calendar is posted on the website. Assignments are organized by week, allowing students to work at their own pace and when it is most convenient for them within course deadlines. Communication is through the use of forums.

EXPECTED OUTCOMES AND ASSESSMENTS

1. Write a lesson plan on personal flotation devices
2. Develop a plan to do a pool or cold water safety activity with youth
3. Do a risk assessment on the planned outdoor or pool activity

4. Participate in discussion with fellow students and the instructor on the various topics in the course

GRADING REQUIREMENTS

This is a Pass/No Pass course. Passing score is 80% overall with a score of at least 70% in each of five modules. However, successful completion of the Lesson Plan assignment and the Pool or Cold Water Activity assignments are mandatory, as is participating in all the forums.

POLICY ON LATE WORK

If work is posted between one and seven days late, students lose 25% of their grade. Work submitted after a week will receive a 0. Individual problems meeting a deadline must be addressed to the instructor for resolution.

Dropping the course involves adhering both to UAS Sitka and AMSEA rules, which may differ.

Incomplete grades may be negotiated by students who experience illness, family illness, or overriding circumstances that make completion of the course difficult or impossible. Students who miss a significant amount of time will be encouraged to re-register for the course at a later date rather than take an incomplete grade.

TEXTS

Alaska Marine Safety Education Association Staff, 2002. *Surviving Outdoor Adventures Volume 1 Survivor!* and *Volume 2 Cold Water Safety and Survival*. This is a K-12 curriculum on outdoor safety and survival. The text is available online while in the course, can be downloaded from the class website, and is for purchase from Alaska Sea Grant, Dawn Montano, 1-888-789-0090, or online at <http://seagrant.uaf.edu/bookstore/index.html>. The books also may be ordered from AMSEA at 907-747-3287 or through their webpage, www.amsea.org.

CORE COMPETENCIES

Competency in Communication
Competency in Quantitative Skills
Competency in Information Literacy
Competency in Information Technology
Competency in Professional Behavior
Competency in Critical Thinking

STUDENT WITH DISABILITIES:

The University of Alaska Southeast is committed to providing a working and learning atmosphere that supports our diverse student population. The Americans with Disabilities Act (ADA) of 1990 and Section 504 of the Rehabilitation Act of 1973 prohibit discrimination against any qualified person regardless of his or her disability, and require universities to provide reasonable accommodations to students with disabilities in order to ensure equal access to all academic and co-curricular programs and services. Students with disabilities requesting accommodations should contact the Disabilities Support Services (DSS) Coordinator to obtain forms for requesting accommodations and

documentation requirements. Once a determination is made, faculty will be notified of the accommodations established for the student, which they must allow. The nature of all disabilities is held extremely confidential. Students are encouraged to request accommodations prior to the start of the semester, or as soon as possible, to allow time for a formal review and for the accommodations to be put into place. The DSS Coordinator for the UAS Sitka Campus is Christopher Washko, Student Success Center Manager (Rm. 226C), who can be contacted at cmwashko@uas.alaska.edu or (907) 747-7703.

SEXUAL HARASSMENT, SEXUAL VIOLENCE, AND GENDER-BASED DISCRIMINATION POLICY:

The University of Alaska Southeast is committed to providing both employment and educational environments free of harassment or discrimination related to an individual's race, color, gender, religion, national origin, age, physical or mental disability, veteran status, marital status, pregnancy or parenthood as prohibited by Title IX of the Education Amendments of 1972 and of Title VII (Section 703) of the Civil Rights Act of 1964. University of Alaska Board of Regents policy further includes sexual orientation as a protected class on all UA campuses. These protections are extended not only to university employees, but to students and campus visitors as well.

Title IX specifically prohibits sexual harassment, gender-based discrimination, and sexual violence against any participant in an educational program or activity that receives federal funds. Sexual violence includes attempted or completed rape or sexual assault, as well as sexual harassment, stalking, voyeurism, exhibitionism, verbal or physical sexuality-based threats or abuse, and intimate partner violence. Title IX aims to create educational environments absent all forms of sex discrimination. It addresses university programs, admissions, athletics, sponsored activities and organizations, and student-to-student sexual harassment/violence conducted either on or off-campus. Any person who believes herself or himself (or another member of the university community) to be subjected to such unlawful sexual harassment, violence, discrimination, intimidation and/or exploitation should immediately bring the matter to the attention of the campus Title IX Coordinator, or to any instructor, academic or administrative officer, supervisor, or advisor. These employees are then mandated to forward the complaint confidentially to the campus Title IX Coordinator, who will take prompt actions to investigate all incidents and take necessary actions to immediately stop the unlawful behavior or situation, prevent its reoccurrence, and remedy its effects upon the victims and the university community. The Sitka Campus Title IX Coordinator/Investigator is Christopher Washko, who can be reached at (907) 747-7703.