



**“Ocean Swimming / Ocean Sciences” – Samoana HS PE Class**  
Training the Next Generation of Ocean Heroes in American Samoa

**DOE Samoana High School Pilot Program Course Outline:**

**Summary:**

The pilot PE class at Samoana HS under DOE guidelines will utilize the instructors from the Toa o le Tai program as well as curriculum and resources to teach ocean swimming and ocean science to increase students’ health, safety and knowledge of the ocean. The full Toa o le Tai program as funded under the DOC CSBG grant has requirements that cannot be achieved within the DOE PE class structure; therefore the PE class is not classified as part of the Toa o le Tai program. Eligible Samoana PE students who elect to participate in the full after school program will have an advantage in receiving the full benefits of the program which will include possible employment, recognition from American Samoa agencies, awards from the Governor’s office and incentives from off-island contributing organizations.

The proposed Samoana HS PE class will meet (5) five times per week. Weekly sessions will include at least (1) ocean science classroom module taught by the educational coordinators from the Fagatele Bay National Marine Sanctuary drawing on the ocean sciences curriculum submitted concurrently. Three to four sessions per week will take place in the water at Utulei beach and will focus on swimming proficiency, marine safety and basic ocean lifeguarding skills and techniques. The ocean swimming components will be overseen by Zero of the American Samoa Aquatic Agency and trained instructors. Bruckner Chase and guest instructors will be primary teachers while on island for approximately 5 weeks over the course of the Spring 2012 semester. Bruckner will supervise the full program with program tracking by Michelle Evans-Chase.

The Samoana High School PE class will have the added benefit of preparing eligible 17 to 18 year-old students as candidates for the larger ASG-DOC Toa o le Tai award program. The PE class can accommodate up to 25 high school participants who may be under 17. Younger students can take part in the Toa o le Tai program as part of the developmental groups below the Toa o le Tai level.

**Ocean Sciences Course Outline:**

See supplemental submissions

**Ocean Swimming and Safety Outline:**

Overview: Class will be 4<sup>th</sup> period with sessions being roughly 45 minutes in length. Students will only be in the water weather permitting. Alternative instruction or physical training will take place on days that being in the water is not deemed safe.

Daily Class Structure:

- :00 – 5:00 – Students arrive and prepare to enter water
- :05 - :10 – Dryland instruction
- :10 - :20 – Warm-up and water demonstration
- :20 - :40/:45 – Training and skill development
- :40/:45 - :45/:50 – Students dress and return to campus



Week 1 – Introduction to basic water safety: Ability to float, tread water and recognize dangerous situations, Contributing Instructors: US Coast Guard Rescue Swimmer, Pat Roach

Week 2 – Marine Safety (DPS-MR) and swimming basics: Understanding the ocean environment, focus on basic drills and stroke technique, Contributing Instructors: US Coast Guard Rescue Swimmer, Pat Roach & DPS Marine Rescue

Week 3 – Freestyle concepts: Basic drills and training techniques, water conditions as they affect swimmers

Week 4 – Introduction to basic snorkeling safety and techniques, Contributing Instructors: Fagatele Bay NMS, National Park Service (Tentative)

Week 5 – Skill development & endurance: Introduction to training concepts for lifeguards, advanced stroke drills

Week 6 – Video Analysis & endurance: Introduction to workout structures to build endurance while re-enforcing proper technique

Week 7 – Lifeguard skills & endurance: Introduction to basic lifeguard techniques and drills, endurance development

Week 8 – Lifeguard skills & speed development: Introduction to swimming faster and lifeguarding skills

Week 9 – Speed development: Introduction to training for speed in the open water

Week 10 – Advanced Open Water techniques: Introduction to advanced open water skills for various water and swimming conditions

Week 11 – Advanced Open Water techniques: Swimming in teams, working with others {Saturday sessions begin}

Week 12 – Lifeguard skills and teaching others: Ocean lifeguard skill development, techniques for teaching younger swimmers

Week 13 – Lifeguard skills with equipment & training for swim test: Introduction to use of rescue boards, Swimming efficiency for end of semester swim **Testing Technologies**

Week 14 – Swim test specific training: Preparation for USLA 500 meter swim standard

Week 15 – Swim test specific training & lifeguard skill development



Week 16 – Swim test specific training & teaching others

Week 17 – Racing techniques for individual and team events: Training and skill development for US Lifeguard Agency competition events, Contributing Instructors: US Coast Guard Rescue Swimmer, Pat Roach {Tentative}

Week 18 – Final Swim Tests: 500 Meter timed events, Teaching evaluations