

# TRAINING COURSE CONTROL DOCUMENT

## OUTLINE OF INSTRUCTION SUMMARY

Lesson Number	Title	Class Periods	Lab Periods	Test Periods	NA Periods	Total Periods
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Unit 1: PERFORM Rescue Swimmer school skills and physical training in accordance with Navy Operational Fitness and Fueling System (NOFFS), NOFFS; PT Standards for US Navy Rescue Swimmers, NAMRL Study; Lesson Plan, PRE-SAR, A-050-0612; Tech Publication, Naval Search and Rescue Manual, NTTP 3-50.1; and Task Based Physical Readiness Standards and Conditioning Programs for U.S. Navy Search and Rescue Swimmers, NAMRL Study

1.1	Course Introduction	1.0	0.0	0.0	0.0	1.0
1.2	Physical Standards In-Test	0.0	0.0	4.0	0.0	4.0
1.3	US Navy Rescue Swimmer History	1.0	0.0	0.0	0.0	1.0
1.4	Fundamentals of Physical Fitness	1.0	0.0	0.0	0.0	1.0
1.5	Weight Training Fundamentals	1.0	0.0	0.0	0.0	1.0
1.6	Principles of Swimming Proficiency	1.0	0.0	0.0	0.0	1.0
1.7	Rescue Swimmer Equipment	1.0	0.0	0.0	0.0	1.0
1.8	Physical Training Lab	0.0	12.0	0.0	0.0	12.0
1.9	Mask Clearing Lab	0.0	18.0	0.0	0.0	18.0
1.10	Swimming Proficiency and Conditioning Lab	0.0	22.0	0.0	0.0	22.0
1.11	Weight Training Lab	0.0	18.0	0.0	0.0	18.0
	Unit 1 Total	6.0	70.0	4.0	0.0	80.0
	COURSE TOTAL	6.0	70.0	4.0	0.0	80.0

	Periods	Percent
Class	6.0	7.5
Lab	70.0	87.5
Test	4.0	5.0
NA	0.0	0.0
Total	80.0	100.0

# TRAINING COURSE CONTROL DOCUMENT

## CURRICULUM OUTLINE OF INSTRUCTION

UNIT 1: **PERFORM** Rescue Swimmer school skills and physical training in accordance with Navy Operational Fitness and Fueling System (NOFFS), NOFFS; PT Standards for US Navy Rescue Swimmers, NAMRL Study; Lesson Plan, PRE-SAR, A-050-0612; Tech Publication, Naval Search and Rescue Manual, NTTP 3-50.1; and Task Based Physical Readiness Standards and Conditioning Programs for U.S. Navy Search and Rescue Swimmers, NAMRL Study

Terminal Objective(s):

- 1.0 **PERFORM** Rescue Swimmer school skills and physical training in accordance with Navy Operational Fitness and Fueling System (NOFFS), NOFFS; PT Standards for US Navy Rescue Swimmers, NAMRL Study; Lesson Plan, PRE-SAR, A-050-0612; Tech Publication, Naval Search and Rescue Manual, NTTP 3-50.1; and Task Based Physical Readiness Standards and Conditioning Programs for U.S. Navy Search and Rescue Swimmers, NAMRL Study (CTTL item # 1)

Lesson Topic 1.1: Course Introduction

Enabling Objective(s):

- 1.1 **EXPLAIN** course objectives and pool safety regulations, in a classroom, in accordance with Lesson Plan, PRE-SAR, A-050-0612 (CTTL item # 1)

Lesson Topic 1.2: Physical Standards In-Test

Enabling Objective(s):

- 1.4 **PERFORM** physical training, in a laboratory environment, in accordance with Navy Operational Fitness and Fueling System (NOFFS), NOFFS; PT Standards for US Navy Rescue Swimmers, NAMRL Study; and Task Based Physical Readiness Standards and Conditioning Programs for U.S. Navy Search and Rescue Swimmers, NAMRL Study (CTTL item # 4)

Lesson Topic 1.3: US Navy Rescue Swimmer History

Enabling Objective(s):

- 1.2 **EXPLAIN** the history of US Navy Rescue Swimmers, in a classroom, in accordance with Lesson Plan, PRE-SAR, A-050-0612 (CTTL item # 2)

Lesson Topic 1.4: Fundamentals of Physical Fitness

Enabling Objective(s):

- 1.3 **EXPLAIN** fundamentals of physical fitness, in a classroom, in accordance with Navy Operational Fitness and Fueling System (NOFFS), NOFFS (CTTL item # 3)

## TRAINING COURSE CONTROL DOCUMENT

### CURRICULUM OUTLINE OF INSTRUCTION (CONT.)

#### Lesson Topic 1.5: Weight Training Fundamentals

##### Enabling Objective(s):

- 1.3 **EXPLAIN** fundamentals of physical fitness, in a classroom, in accordance with Navy Operational Fitness and Fueling System (NOFFS), NOFFS (CTTL item # 3)

#### Lesson Topic 1.6: Principles of Swimming Proficiency

##### Enabling Objective(s):

- 1.5 **PERFORM** swimming proficiency and conditioning, in a training tank, in accordance with PT Standards for US Navy Rescue Swimmers, NAMRL Study; Lesson Plan, PRE-SAR, A-050-0612; and Task Based Physical Readiness Standards and Conditioning Programs for U.S. Navy Search and Rescue Swimmers, NAMRL Study (CTTL item # 5)

#### Lesson Topic 1.7: Rescue Swimmer Equipment

##### Enabling Objective(s):

- 1.6 **USE** personal Rescue Swimmer equipment, in a training tank, in accordance with Lesson Plan, PRE-SAR, A-050-0612; and Tech Publication, Naval Search and Rescue Manual, NTTP 3-50.1 (CTTL item # 6)

#### Lesson Topic 1.8: Physical Training Lab

##### Enabling Objective(s):

- 1.4 **PERFORM** physical training, in a laboratory environment, in accordance with Navy Operational Fitness and Fueling System (NOFFS), NOFFS; PT Standards for US Navy Rescue Swimmers, NAMRL Study; and Task Based Physical Readiness Standards and Conditioning Programs for U.S. Navy Search and Rescue Swimmers, NAMRL Study (CTTL item # 4)

#### Lesson Topic 1.9: Mask Clearing Lab

##### Enabling Objective(s):

- 1.6 **USE** personal Rescue Swimmer equipment, in a training tank, in accordance with Lesson Plan, PRE-SAR, A-050-0612; and Tech Publication, Naval Search and Rescue Manual, NTTP 3-50.1 (CTTL item # 6)

## TRAINING COURSE CONTROL DOCUMENT

### CURRICULUM OUTLINE OF INSTRUCTION (CONT.)

Lesson Topic 1.10: Swimming Proficiency and Conditioning Lab

Enabling Objective(s):

- 1.5 **PERFORM** swimming proficiency and conditioning, in a training tank, in accordance with PT Standards for US Navy Rescue Swimmers, NAMRL Study; Lesson Plan, PRE-SAR, A-050-0612; and Task Based Physical Readiness Standards and Conditioning Programs for U.S. Navy Search and Rescue Swimmers, NAMRL Study (CTTL item # 5)

Lesson Topic 1.11: Weight Training Lab

Enabling Objective(s):

- 1.4 **PERFORM** physical training, in a laboratory environment, in accordance with Navy Operational Fitness and Fueling System (NOFFS), NOFFS; PT Standards for US Navy Rescue Swimmers, NAMRL Study; and Task Based Physical Readiness Standards and Conditioning Programs for U.S. Navy Search and Rescue Swimmers, NAMRL Study (CTTL item # 4)

# TRAINING COURSE CONTROL DOCUMENT

## COURSE MASTER SCHEDULE

### WEEK 1

#### Day 1

Topic No.	Type	Period	Topic Title	Period Length	Ratio	BottleNeck Ratio	Justification of Ratios
1.1	C	1	Course Introduction	60	30:1		
1.2	PRT	2	Physical Standards In-Test	60	30:4		
1.2	PRT	3	Physical Standards In-Test	60	30:4		
1.3	C	4	US Navy Rescue Swimmer History	60	30:1		
1.4	C	5	Fundamentals of Physical Fitness	60	30:1		
1.5	C	6	Weight Training Fundamentals	60	30:1		
1.6	C	7	Principles of Swimming Proficiency	60	30:1		
1.7	C	8	Rescue Swimmer Equipment	60	30:1		

#### Day 2

1.8	L	9	Physical Training Lab	60	30:4		
1.8	L	10	Physical Training Lab	60	30:4		
1.8	L	11	Physical Training Lab	60	30:4		
1.9	L	12	Mask Clearing Lab	60	30:5		
1.9	L	13	Mask Clearing Lab	60	30:5		
1.10	L	14	Swimming Proficiency and Conditioning Lab	60	30:4		

## TRAINING COURSE CONTROL DOCUMENT

### COURSE MASTER SCHEDULE (CONT.)

Topic No.	Type	Period	Topic Title	Period Length	Ratio	BottleNeck Ratio	Justification of Ratios
1.10	L	15	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	16	Weight Training Lab	60	30:4		
<b>Day 3</b>							
1.9	L	17	Mask Clearing Lab	60	30:5		
1.9	L	18	Mask Clearing Lab	60	30:5		
1.10	L	19	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	20	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	21	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	22	Weight Training Lab	60	30:4		
1.11	L	23	Weight Training Lab	60	30:4		
1.11	L	24	Weight Training Lab	60	30:4		
<b>Day 4</b>							
1.8	L	25	Physical Training Lab	60	30:4		
1.8	L	26	Physical Training Lab	60	30:4		
1.8	L	27	Physical Training Lab	60	30:4		
1.9	L	28	Mask Clearing Lab	60	30:5		
1.9	L	29	Mask Clearing Lab	60	30:5		
1.10	L	30	Swimming Proficiency and Conditioning Lab	60	30:4		

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### COURSE MASTER SCHEDULE (CONT.)

<b>Topic No.</b>	<b>Type</b>	<b>Period</b>	<b>Topic Title</b>	<b>Period Length</b>	<b>Ratio</b>	<b>BottleNeck Ratio</b>	<b>Justification of Ratios</b>
1.10	L	31	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	32	Weight Training Lab	60	30:4		
<b>Day 5</b>							
1.9	L	33	Mask Clearing Lab	60	30:5		
1.9	L	34	Mask Clearing Lab	60	30:5		
1.10	L	35	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	36	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	37	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	38	Weight Training Lab	60	30:4		
1.11	L	39	Weight Training Lab	60	30:4		
1.11	L	40	Weight Training Lab	60	30:4		

## WEEK 2

### Day 1

<b>Topic No.</b>	<b>Type</b>	<b>Period</b>	<b>Topic Title</b>	<b>Period Length</b>	<b>Ratio</b>	<b>BottleNeck Ratio</b>	<b>Justification of Ratios</b>
1.8	L	41	Physical Training Lab	60	30:4		
1.8	L	42	Physical Training Lab	60	30:4		

## TRAINING COURSE CONTROL DOCUMENT

### COURSE MASTER SCHEDULE (CONT.)

Topic No.	Type	Period	Topic Title	Period Length	Ratio	BottleNeck Ratio	Justification of Ratios
1.8	L	43	Physical Training Lab	60	30:4		
1.9	L	44	Mask Clearing Lab	60	30:5		
1.9	L	45	Mask Clearing Lab	60	30:5		
1.10	L	46	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	47	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	48	Weight Training Lab	60	30:4		
<b>Day 2</b>							
1.9	L	49	Mask Clearing Lab	60	30:5		
1.9	L	50	Mask Clearing Lab	60	30:5		
1.10	L	51	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	52	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	53	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	54	Weight Training Lab	60	30:4		
1.11	L	55	Weight Training Lab	60	30:4		
1.11	L	56	Weight Training Lab	60	30:4		
<b>Day 3</b>							
1.8	L	57	Physical Training Lab	60	30:4		
1.8	L	58	Physical Training Lab	60	30:4		



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### COURSE MASTER SCHEDULE (CONT.)

Topic No.	Type	Period	Topic Title	Period Length	Ratio	BottleNeck Ratio	Justification of Ratios
1.8	L	59	Physical Training Lab	60	30:4		
1.9	L	60	Mask Clearing Lab	60	30:5		
1.9	L	61	Mask Clearing Lab	60	30:5		
1.10	L	62	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	63	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	64	Weight Training Lab	60	30:4		
<b>Day 4</b>							
1.9	L	65	Mask Clearing Lab	60	30:5		
1.9	L	66	Mask Clearing Lab	60	30:5		
1.10	L	67	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	68	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	69	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	70	Weight Training Lab	60	30:4		
1.11	L	71	Weight Training Lab	60	30:4		
1.11	L	72	Weight Training Lab	60	30:4		
<b>Day 5</b>							
1.2	PRT	73	Physical Standards In-Test	60	30:4		
1.2	PRT	74	Physical Standards In-Test	60	30:4		

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### COURSE MASTER SCHEDULE (CONT.)

<b>Topic No.</b>	<b>Type</b>	<b>Period</b>	<b>Topic Title</b>	<b>Period Length</b>	<b>Ratio</b>	<b>BottleNeck Ratio</b>	<b>Justification of Ratios</b>
1.9	L	75	Mask Clearing Lab	60	30:5		
1.9	L	76	Mask Clearing Lab	60	30:5		
1.10	L	77	Swimming Proficiency and Conditioning Lab	60	30:4		
1.10	L	78	Swimming Proficiency and Conditioning Lab	60	30:4		
1.11	L	79	Weight Training Lab	60	30:4		
1.11	L	80	Weight Training Lab	60	30:4		