

**I. CATALOG DESCRIPTION:**

A. Department Information:

Division: Physical Education, Athletics & Health  
Department: Physical Education  
Course Number: PE-I 164X4  
Course Title: Swimming  
Units: 1  
Lecture: None  
Lab: 3 Hours  
Prerequisite: None

B. Catalog and Schedule Description:

This course is designed to teach swimming skills, techniques, and strategies. A comprehensive coverage of all swimming strokes. Some history, philosophy and psychology of swimming are included. This course is designed to help students have better cardiovascular performance in swimming. The course also includes other aquatic skills such as lifesaving and safety techniques.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

A. On successful completion of level one of this course, the student should be able to:

1. Demonstrate at least three swimming strokes
2. Define and recognize different styles of swimming
3. Use the swimming pool safely
4. Jump into deep end and tread water for two minutes
5. Swim 500 yards without stopping

B. On successful completion of level two of this course, the student should be able to:

1. Demonstrate a variety of entrances to the pool
2. Demonstrate at least five swimming strokes
3. Explain how fear relates to swimming performance
4. Jump into deep end and tread water for three minutes
5. Swim 750 yards without stopping

C. On successful completion of level three of this course, the student should be able to:

1. Explain the mechanics of at least five swimming strokes
2. Demonstrate a familiarity with the basics of cardiovascular fitness
3. Dive headfirst into the swimming pool
4. Jump into deep end and tread water for four minutes
5. Swim 1000 yards without stopping

D. On successful completion of level four of this course, the student should be able to:

1. Demonstrate a thorough knowledge of cardiovascular fitness
2. Design a workout program to enhance swimming endurance
3. Demonstrate basic water safety and lifesaving techniques
4. Jump into deep end and tread water for five minutes
5. Swim 1500 yards without stopping

**IV. COURSE CONTENT:**

- A. Instruction in a variety of swimming strokes and skills

1. Freestyle
  2. Butterfly
  3. Breaststroke
  4. Backstroke
  5. Sidestroke
  6. Elementary backstroke
  7. Treading skills
  8. Floating skills
- B. Instruction in a variety of safety measures around the pool and other water facilities
1. Basic pool safety
  2. The use of lifesaving apparatus
  3. The application of basic lifesaving techniques
  4. Special condition safety (ocean, rivers, lakes, etc.)
- C. Instruction in cardiovascular fitness and distance training techniques
1. The basics of cardiovascular fitness
  2. Breathing techniques
  3. Interval training
  4. Overload training

**V. METHODS OF INSTRUCTION:**

- A. Lecture
- B. Discussion
- C. Demonstration
- D. Videos and tapes
- E. Individual skill practice under supervision

**VI. TYPICAL ASSIGNMENTS:**

- A. Read an article and give a verbal presentation on the basics of water safety
- B. Watch a videotape of your freestyle swimming stroke and prepare a written critique and analysis of what you need to work on to improve your swimming efficiency
- C. Prepare a chart of daily workouts designed to enhance one's swimming endurance over an eight week period

**VII. EVALUATION:**

- A. Methods of evaluation:
1. Methods of evaluation for first semester students
    - a) Skills test – form analysis of three different strokes
    - b) Endurance test - swim 500 yards freestyle without stopping
    - c) Tread water test – two minutes
    - d) Written final exam
  2. Methods of evaluation for second semester students
    - a) Skills test – form analysis of five different strokes
    - b) Endurance test – swim 750 yards without stopping
    - c) Treading water test – three minutes
    - d) Written final exam
  3. Methods of evaluation for third semester students
    - a) Skills test – explain the proper technique for five different swimming strokes
    - b) Endurance test – swim 1000 yards without stopping
    - c) Treading water test – four minutes
    - d) Written final exam
  4. Methods of evaluation for fourth semester students
    - a) Skills test – demonstrate basic lifesaving techniques
    - b) Endurance test – swim 1500 yards without stopping

- c) Treading water test – five minutes
- d) Written final exam
- B. Frequency of Evaluation
  - 1. Weekly skills testing
  - 2. Weekly assessment of swimming endurance
  - 3. Weekly assessment of treading endurance
  - 4. Written final exam at end of semester
- C. Typical exam questions:
  - 1. Read and critique an article on endurance training
  - 2. Identify five basics of pool safety

**VIII. TYPICAL TEXTS(S):**

Katz, Janet, The Aquatic Handbook for Lifetime Fitness, Alyan & Bacon, 1996  
Guzman, Ruben, Swimming Drills for Every Stroke, Human Kinetics, 1998.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:** Swimming-suit and goggles.