

COURSE OUTLINE **Swimming I**

Course Description: PE 123. Swimming I. 1 hour credit. This activity course will enable the student to demonstrate basic swimming strokes and water survival skills.

Course Relevance: Swimming activity courses in physical education provide the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being.

Required Materials: An additional fee may be required.

Learning Outcomes:

The intention is for the student to be able to:

1. Demonstrate basic swimming strokes
2. Demonstrate water survival skills

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course:

Through the student involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Health Management
 - The student will apply a physically active lifestyle that helps establish the foundation of the practical principles necessary for a lifetime of successful health management.

Secondary skills (developed but not documented):

Self-Concept

Major Summative Assessment Task(s):

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Demonstration of basic swimming strokes and water survival skills

Course Content:

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Health benefits of fitness lifestyle involving swimming activities
 - B. Proper form and techniques for basic swimming strokes
- II. Issues – Key issues that will be addressed in this course:
 - A. Applying the intrinsic motivation to maintain a lifestyle of physical activity
 - B. Gaining the confidence to relax in water without fear

- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Identifying the physiological advantages to regular swimming exercise
 - B. Repetition of basic swimming strokes
 - C. Repetition of water survival skills
- IV. Skills / Competencies – Actions that are essential to achieve the course outcomes:
 - A. Water survival skills
 - B. American crawl
 - C. Elementary backstroke
 - D. Side stroke

Learning Units:

- I. Explain swimming facility safety
- II. Explain swim terminology
- III. Demonstrate execution of basic techniques for swimming strokes including the American crawl, elementary backstroke and side stroke
- IV. Demonstrate survival float

Learning Activities:

Independent and collaborative learning activities will be assigned within and outside the college classroom to assist the student in achieving the intended learning outcomes. Examples of activities which contribute to the learning process include: instructor lectures, audio-visual aids, group discussion, guest speakers and drills/skill practice.

Grade Determination:

Grade determinates may include the following: attendance, daily activity class participation; skill demonstration and other methods of evaluation employed at the discretion of the individual instructor. These methods may be used individually or in combination by all instructors.