

COURSE OUTLINE **Swimming II**

Course Description: PE 124. Swimming II. 1 hour credit. Prerequisite: PE123 with a C or better or instructor approval. This activity course will enable the student to demonstrate skills beyond Swimming I to include more advanced swimming strokes, building endurance through distance swimming and preparation for the lifesaving course.

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 advanced swimming strokes
2. Demonstrate endurance through distance lap swimming

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 advanced swimming strokes during a thirty minute endurance distance lap swim

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 more advanced 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
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Identifying the physiological advantages to regular swimming exercise
 - B. Repetition of advanced swimming strokes
- IV. Skills / Competencies – Actions that are essential to achieve the course outcomes:
 - A. Breast stroke
 - B. Front crawl
 - C. Back crawl
 - C. Flip-turn
 - D. Increased swimming endurance

Learning Units:

- I. Explain proper safety attitudes toward aquatic activities
- II. Demonstrate execution of more advanced techniques for swimming strokes including the front crawl, back crawl and breast stroke
- III. Demonstrate execution for flip-turn techniques
- IV. Demonstrate increased endurance for lap swimming

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.