

Common Course Outline

PEAQ 100

Swimming Level I

1 Credit

The Community College of Baltimore County

Description

Swimming Level I

Introduces elementary swimming skills, water safety, and survival swimming for non-swimmers or those who cannot swim 25 yards. Emphasizes stroke techniques.

Overall Course Objectives

Upon successful completion of the course, the student will be able to:

1. Perform basic non-swimming rescues skills.
2. Perform basic swimming readiness skills including floats, glides, breathing, and flutter kicking.
3. Perform the elementary backstroke, using the proper technique, for 25 yards.
4. Perform the frontcrawl stroke, using the proper technique, for 25 yards.
5. Demonstrate knowledge of hydrodynamic principles governing aquatic activities and strokes.
6. Describe basic safety rules for a variety of aquatic experiences.
7. Describe the fundamental parts of a stroke.

Major Topics

1. Water safety and rules that apply to insure safe aquatic participation.
2. Basic water competency skills including floating, gliding, breathing, flutter kicking, and finning/skulling.
3. Parts of a stroke including the power phase of armstroke and kick, recovery phase, and glide phase.
4. Elementary backstroke.
5. Frontcrawl stroke.
6. Water entries including jumps and the basic dive.
7. Turning over and changing direction.
8. History of aquatic activities and competitive swimming.
9. Hydrodynamic laws governing water activities including drag, lift, propulsion, and buoyancy.

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Written exams and quizzes.
2. Skills tests.
3. Technique evaluation.

Other Course Information

1. This course is an elective.
2. Attendance and participation in all portions of the class is essential to the successful completion of the course objectives.