

# **Common Course Outline**

**PEAQ 101**

**Swimming Level II**

**1 Credit**

## **The Community College of Baltimore County**

### **Description**

Swimming Level II

Provides further practice for students who have completed swimming level I or who can swim a distance of 50 yards. Covers intermediate aquatics skills, competitive swim strokes, water safety and fitness concepts.

### **Overall Course Objectives**

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

1. Perform basic safety and non-swimming rescue skills.
2. Demonstrate the freestyle, backstroke, elementary backstroke, sidestroke, and breaststroke in good form for a distance of 100 yards.
3. Tread water for 5 minutes.
4. Complete a ten-minute continuous swim
5. Demonstrate proficiency in other aquatic skills such as turns and dives.
6. Demonstrate knowledge of hydrodynamic laws governing water activities and strokes.
7. Identify the parts of a stroke and stroke mechanics.

### **Major Topics**

1. Competitive strokes including freestyle, backstroke, breaststroke, and butterfly.
2. Recreational strokes including the sidestroke and elementary backstroke.
3. Water entries including jumps and dives.
4. Training techniques for competitive swimming.
5. Safety skills including non-swimming rescues and surface dives.
6. Hydrodynamic principles including buoyancy, drag, lift, and propulsion.
7. History of aquatic activities and competitive swimming.

### **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.