

Common Course Outline

PEAQ 102

Swimming Level III

1 Credit

The Community College of Baltimore County

Description

Designed for advanced level swimmers who have completed Swimming Level II or equivalent skills. Students must demonstrate the ability to swim 100 yards in good form using most competitive strokes. Emphasis is on skill refinement and endurance.

Overall Course Objectives

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

1. Demonstrate the freestyle, backstroke, breaststroke, and sidestroke in good form for a distance of 100 yards.
2. Demonstrate the butterfly stroke in good form for a distance of 50 yards.
3. Tread water for 10 minutes.
4. Complete a 20 minutes swim.
5. Demonstrate proficiency in other aquatic skills such as turns and dives.
6. Demonstrate knowledge of the physical laws governing water activities and strokes.
7. Identify parts of a stroke and stroke mechanics.
8. Demonstrate knowledge of techniques to enhance fitness and performance.
9. Demonstrate knowledge of the history and rules of competitive swimming.

Major Topics

1. Competitive strokes including the freestyle, backstroke, breaststroke, and butterfly.
2. Recreational strokes including the sidestroke and the elementary backstroke.
3. Water entries including dives and jumps.
4. Hydrodynamic principles including buoyancy, drag, lift, and propulsion.
5. History of aquatics activity and competitive swimming.
6. Training techniques for faster swimming.
7. Training techniques for enhanced endurance.
8. Use of training aids.

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 exam
2. Skills tests.
3. Technique evaluation.
4. Swimming fitness tests.

Other Course Information (sample)

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