

# Common Course Outline

PEAQ 125

## Introductory Swimming

2 Semester Hours:

### The Community College of Baltimore County

#### Description

##### Introductory Swimming

Emphasizes fundamental swimming skills for the adult non-swimmer; includes techniques for physical and mental adjustment to water, drown-proofing techniques, basic swimming strokes, fundamental diving and entry skills, and simple water safety rules and rescues. This course may be used to fulfill 2 elective credits.

Prerequisite: None.

#### Overall Course Objectives

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

1. overcome fear of the water;
2. adjust their breathing to added pressure;
3. adjust to the buoyant effect of the water;
4. relax while in a floating position on front and back;
5. propel himself in both prone and supine positions;
6. combine arm and leg movements;
7. coordinate breathing with the arm and leg movements;
8. enter water safely and efficiently from edge of deck or dock;
9. display personal safety skills;
10. safely assist in an emergency by learning and practicing non-swimming rescues;
11. experiment with mask, fins and snorkel.

#### Major Topics

1. Effects of Buoyancy
2. Rhythmic Breathing
3. Front and Back Flutterkick
4. Front and Back Crawl
5. Leveling Off
6. Turning Over
7. Jumping into Deep Water
8. Elementary Back Stroke
9. Survival Floating

#### Course Requirements

1. One final written exam
2. Completion of self evaluation
3. Completion of performance objectives

## **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.