

Common Course Outline

PEAQ 126

Intermediate Swimming

2 Semester Hours:

The Community College of Baltimore County

Description

Intermediate Swimming is designed for the student wishing to improve the fundamental skills taught in the Introductory Swimming course. Refinements are made in the execution of the crawl and elementary back strokes. The scissor and breast stroke kick, the side stroke, and the breast stroke are introduced, in addition to more advanced flotation skills, rescue skills and resuscitation techniques.

Pre-requisite: None. This course may be used to fulfill 2 elective credits.

Overall Course Objectives

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

1. develop proper breathing techniques for the front crawl stroke;
2. improve efficiency in the front crawl, back crawl, elementary back stroke and side stroke;
3. explain the difference between the breast stroke kick and the squeeze kick;
4. refine the coordination of the breast stroke;
5. identify the modification necessary for underwater swimming;
6. introduce the dolphin kick
7. perform basic springboard diving techniques
8. identify the signs of spinal injury;
9. become familiar with CPR

Major Topics

1. Breast Stroke Coordination
2. Surface Diving
3. Survival Floating
4. Treading Water
5. Underwater Swimming
6. Standing Dive
7. Basic Competitive Swimming Turns
8. Basics of CPR

Course Requirements

1. Minimum of two written tests
2. Completion of skills evaluation

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.