

Common Course Outline

PEAQ 127

Advanced Swimming

2 Semester Hours:

The Community College of Baltimore County

Description

Advanced Swimming

Develops a high level of proficiency in fundamental swimming strokes. Provides intensive practice of the elementary back stroke, breast stroke, side stroke and crawl stroke; introduces and refines the inverted breast stroke, the trudgen stroke and the trudgen crawl strokes; emphasizes distance swimming; also covers specialized rescue dives, disrobing and motionless floating skills. 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. analyze the nine basic swimming strokes;
2. discuss the relationship between glide, recovery, propulsion and breathing used in swimming;
3. describe the principles of motor learning which are applicable to swimming skills;
4. define buoyancy, resistance, glide, propulsion, recovery and other terms used in swimming;
5. identify the three types of water resistance which must be overcome in swimming;
6. differentiate between the three laws of motion as they apply to swimming;
7. perform the basic swimming strokes with greater ease, power and efficiency;
8. encourage good lifetime fitness habits;
9. discuss advanced rescue techniques.

Major Topics

1. Front Crawl, Back Crawl, Breast Stroke, Elementary Back Stroke, and Side Stroke
2. Butterfly, Trudgen Stroke, Trudgen Crawl, Inverted Breast Stroke
3. Tuck and Pike Surface Dives
4. Alternative Kicks for Treading Water
5. Flip Turns
6. Basic Water Rescue Stroke
7. Springboard Diving

Course Requirements

1. Minimum of two written exams
2. Completion of a performance 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.