

Common Course Outline

PEAQ 143

Swimming For Total Fitness

2 Semester Hours:

The Community College of Baltimore County

Description

Swimming For Total Fitness

Provides exercise for the proficient swimmer; emphasizes distance swimming, aquatic exercises, training methodology, and stroke techniques. Includes a self-analysis of physical fitness, the establishment of personal goals and aerobic swimming to raise fitness levels.

Prerequisite: PEAQ 125 or permission of department chairperson. 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. identify the cardiovascular training effects of aerobic swimming;
2. apply the principles of frequency, duration, and intensity to an aerobic swimming program;
3. develop the health related components of physical fitness;
4. identify the types of exercise that stimulates the cardiovascular system;
5. analyze the various phases of the following swimming strokes: crawl stroke, backstroke, elementary backstroke, sidestroke, and breast stroke;
6. identify and utilize the following training and conditioning methods: interval training, repetition training, over-distance training, and sprint training;
7. execute effective turns that will enable the student to swim longer distances;
8. identify the following training terminology: warm-up, cool down, cross training, hard-easy method, LSD, and pace training;
9. explain the lifetime health and fitness benefit of a proactive aerobic swimming program;
10. demonstrate a good level of physical fitness at the completion of the course.

Major Topics

1. Components of fitness
2. Cardiovascular training effects
3. Stroke analysis
4. Training and conditioning methods
5. Aerobic/anaerobic conditioning
6. Principles of training
7. Training terminology
8. Exercise guidelines and precautions
9. Starts and turns
10. Water safety

Course Requirements

1. A minimum of one written or skill exam
2. Completion of a fitness journal
3. A pre and post profile assessment based upon age and gender

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.