

Common Course Outline

PEMJ 102

Swimming Level II.

1 Credit

The Community College of Baltimore County

Description

Swimming Level II

Provides practice for physical education majors who can swim 100 yards in good form using all strokes. Covers intermediate and advanced aquatic skills, competitive swim strokes, water safety, cardiovascular fitness concepts, and various teaching methodologies.

Overall Course Objectives

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

1. Perform basic safety and non-swimming rescue skills.
2. Demonstrate the freestyle, backstroke, elementary backstroke, sidestroke and breaststroke in good form for a distance of 100 yards.
3. Tread water for 5 minutes.
4. Complete a ten-minute continuous 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 the parts of a stroke and stroke mechanics.
8. Create and instruct a skill lesson.

Major Topics

1. Competitive strokes including freestyle, backstroke, breaststroke and butterfly.
2. Recreation strokes including the sidestroke and elementary backstroke.
3. Water entries including jumps and dives.
4. Training techniques for competitive swimming.
5. Safety skills including non-swimming rescues and surface dives.
6. Hydrodynamic principles including buoyancy, drag, lift and propulsion.
7. History of aquatic activities and competitive swimming.

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 and quizzes.
2. Skills tests.
3. Technique evaluation.
4. Teaching presentation and lesson plan.

Other Course Information

1. This course is designed for physical education majors.
2. Attendance and participation in all portions of the class is essential to the successful completion of the course objectives.