

# Common Course Outline

## PEAQ 100

### Swimming Level 1

1 Credit

## The Community College of Baltimore County

### Description

**PEAQ 100 – 1 credit – Swimming Level 1** introduces elementary swimming skills, water safety, and survival swimming to non-swimmers or those who cannot swim 25 yards. Swimming level one emphasizes basic stroke technique and elements of water safety.

**1 Credit:** 2 hours including lecture and directed activity

### Overall Course Objectives

Upon completion of this course students will be able to:

1. perform basic swimming readiness skills including floats, glides, breathing, and kicking;
2. perform the elementary backstroke for 25 yards using proper technique;
3. perform the front crawl for 25 yards using proper technique;
4. demonstrate knowledge of hydrodynamic principles governing aquatic activities and strokes;
5. explain basic aquatic safety rules;
6. describe the fundamental parts of a stroke; and
7. perform basic non-swimming rescues.

### Major Topics

- I. Water safety
  - A. Personal safety
  - B. Environmental safety
- II. Basic water competencies
  - A. Floating
  - B. Gliding
  - C. Breathing
  - D. Kicking
  - E. Finning/sculling
- III. Parts of a stroke
  - A. Pull
  - B. Kick
  - C. Recovery
  - D. Glide
- IV. Strokes
  - A. Elementary backstroke
  - B. Front crawl

- V. Water entries
- VI. Hydrodynamic laws
  - A. Drag
  - B. Lift
  - C. Propulsion
  - D. Buoyancy
- VII. History of aquatics and competitive swimming

### **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

### **Grading/exams**

- Written evaluation (exam, paper, analysis) at the discretion of the instructor
- Attendance and participation
- Competency evaluations (safety skills, stroke analysis, water competencies) at the discretion of the instructor

Written Assignments: Students are required to utilize appropriate academic resources.

### **Other Course Information**

This course is an elective course held in the pool. Attendance and participation in all portions of the class are essential to the successful completion of the course objectives. Appropriate aquatic apparel required.

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