

Common Course Outline

PEAQ 101

Swimming Level II

1 Credit

The Community College of Baltimore County

Description

PEAQ 101 – 1 credit – Swimming Level II provides further practice for students who have completed swimming level I or who can swim a distance of 50 yards. Swimming level II covers intermediate aquatics skills, competitive swim strokes, water safety and fitness concepts.

1 Credits: 2 hours including lecture and directed activity

Pre-requisite: the ability to swim 50 yards or the completion of Swimming Level I

Overall Course Objectives

Upon completion of this course students will be able to:

1. demonstrate front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke, using proper technique for 50 yards;
2. identify parts of a stroke and stroke mechanics;
3. tread water for 5 minutes;
4. swim 300 yards continually;
5. retrieve a ten pound weight from the bottom of the pool;
6. demonstrate knowledge of hydrodynamic laws governing water activities and strokes;
7. demonstrate proficiency in aquatic skills such as turns and dives;
8. demonstrate knowledge of water safety; and
9. explain the fitness concepts that relate to improvement in aquatics ability.

Major Topics

- I. Competitive strokes
 - A. Front crawl
 - B. Back crawl
 - C. Breaststroke
- II. Recreational strokes
 - A. Sidestroke
 - B. Elementary backstroke
- III. Water entries
 - A. Dives
 - B. Jumps
- IV. Water safety skills
 - A. Non-swimming rescues
 - B. Surface dives

- C. Treading water
- V. Training techniques
 - A. Aerobic conditioning
 - B. Anaerobic conditioning
- VI. Hydrodynamic principles
 - A. Buoyancy
 - B. Drag
 - C. Lift
 - D. Propulsion
- 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 evaluation (stroke analysis, distance swim, safety skill analysis, etc.) 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.