

Common Course Outline

PEMJ 100

Swimming Level 1

1 Credit

The Community College of Baltimore County

Description

Swimming Level 1

Provides a basic introduction to elementary swimming skills for physical education majors who are non-swimmers and/or those who cannot swim 25 yard; also introduces various teaching methodologies.

Overall Course Objectives

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

- Perform basic non-swimming rescue skills.

- Perform basic swimming readiness skills including floats, glides, breathing, and flutter kicking.

- Perform the elementary backstroke, using the proper technique, for 25 yards.

- Perform the frontcrawl stroke, using proper technique, for 25 yards.

- Demonstrate knowledge of the physical laws governing aquatic activities and strokes.

- Describe basic safety rules for a variety of aquatic experiences.

- Describe the fundamental parts of a stroke.

Major Topics

Water safety and rules that apply to insure safe aquatic participation.

Basic water competency skills including floating, gliding, breathing, flutter kicking, and finning/sculling.

Parts of a stroke including the power phase of armstroke and kick, recovery phase, and glide phase.

Elementary backstroke.

Frontcrawl stroke

Water entries including jumps and the basic dive.

Turning over and changing direction.

History of aquatic activities and competitive swimming.

Physical laws governing water activities including drag, lift, and buoyancy.

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:

Written exam and quizzes
Skills tests
Technique evaluation

Other Course Information

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