

COMMON COURSE NUMBER: PEN 1121

COURSE TITLE: Beginning Swimming

CREDIT HOURS: 1

CONTACT HOURS BREAKDOWN:

Lecture/Discussion

Lab 32

Other

Contact Hours/Week 2

CATALOG COURSE DESCRIPTION:

Prerequisite: None

Corequisite: None

Co-educational.

General Education Requirements - Associate of Arts Degree, meets Area(s):

General Education Requirements - Associate in Science Degree, meets Area(s):

UNIT TITLES:

1. Basic Skills
2. Strokes
3. Related Aquatic Skills
4. Safety Skills

I. Course Overview:

Upon successful completion of this course, the students should be able to demonstrate basic proficiency in the water and basic skills of water safety.

II. Units:

Unit 1. Basic Skills

General Outcome:

1.0 The students should be able to suspend themselves in the water.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

1.1 Perform the following:

- 1.1.1 Rhythmic breathing
- 1.1.2 Prone float
- 1.1.3 Back float
- 1.1.4 Vertical float
- 1.1.5 Tread water

Unit 2. Strokes

General Outcome:

2.0 The students should be able to demonstrate at least three of the basic swim strokes.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

2.1 Swim for a distance of fifty yards non-stop, using three of the following strokes:

- 2.1.1 Front crawl
- 2.1.2 Back crawl
- 2.1.3 Breast stroke
- 2.1.4 Elementary back stroke
- 2.1.5 Side stroke
- 2.1.6 Overarm side stroke (Optional)
- 2.1.7 Inverted breast stroke (Optional)
- 2.1.8 Trudgen (Optional)
- 2.1.9 Trudgen crawl (Optional)
- 2.1.10 Double trudgen (Optional)

Unit 3. Related Aquatic Skills

General Outcome:

3.0 The students should be able to demonstrate related aquatic skills.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

3.1 Perform the following skills:

- 3.1.1 Surface dive
- 3.1.2 Skull
- 3.1.3 Tread water
- 3.1.4 Underwater swim
- 3.1.5 Plunge dive

Unit 4. Safety Skills

General Outcome:

4.0 The students should be able to demonstrate basic proficiency in water safety skills.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

4.1 Demonstrate the following:

- 4.1.1 Survival floating
- 4.1.2 Use of clothing as flotation devices
- 4.1.3 Methods of non-swimming rescue

Safety Precautions:

Students should be aware that participation in physical activity carries a degree of risk. Therefore, students are expected to follow instructions and safety precautions given by the HPRD instructor. Also, students must inform the instructor of any existing medical problems.

(NOTE: The College does not carry individual student insurance to cover accidents which occur during college classes. The students are advised to carry their own insurance.)