



## **I. Course Overview:**

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

## **II. Units:**

### **Unit 1. Front Crawl**

#### General Outcome:

- 1.0 The students should be able to swim the front crawl in good form for 100 yards.

#### Specific Learning Outcomes:

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

- 1.1 Demonstrate their skill in the following parts of the front crawl:
  - 1.1.1 Flutter kick
  - 1.1.2 Arm action
  - 1.1.3 Rhythmic breathing
  - 1.1.4 Stroke coordination

## Unit 2. Back Crawl

### General Outcome:

2.0 The students should be able to swim the back crawl in good form for 100 yards.

### Specific Learning Outcomes:

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

2.1 Demonstrate their skill in the following parts of the back crawl:

- 2.1.1 Flutter kick
- 2.1.2 Arm action
- 2.1.3 Stroke coordination

## Unit 3. Backstroke

### General Outcome:

3.0 The students should be able to swim the elementary backstroke in good form for 100 yards.

### Specific Learning Outcomes:

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

3.1 Demonstrate their skill in the following parts of the elementary backstroke:

- 3.1.1 Inverted frog kick
- 3.1.2 Arm action
- 3.1.3 Rhythmic breathing
- 3.1.4 Stroke coordination

## Unit 4. Breast Stroke

### General Outcome:

4.0 The students should be able to swim the breast stroke in good form for 100 yards.

### Specific Learning Outcomes:

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

4.1 Demonstrate their skill in the following parts of the breast stroke:

- 4.1.1 Whip kick
- 4.1.2 Arm action
- 4.1.3 Rhythmic breathing
- 4.1.4 Stroke coordination

## Unit 5. Side Stroke

### General Outcome:

5.0 The students should be able to swim the side stroke in good form for 100 yards.

### Specific Learning Outcomes:

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

5.1 Demonstrate their skill in the following parts of the side stroke:

- 5.1.1 Arm stroke
- 5.1.2 Scissor kick
- 5.1.3 Glide
- 5.1.4 Stroke coordination

## Unit 6. Related Skills

### General Outcome:

6.0 The students should be able to demonstrate, with sufficient efficiency, five related aquatic skills.

### Specific Learning Outcomes:

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

6.1 Demonstrate their skill in the following related aquatic skills:

- 6.1.1 Surface dive
- 6.1.2 Skulling
- 6.1.3 Treading water
- 6.1.4 Underwater swimming

## Unit 7. Endurance

### General Outcome:

7.0 The students should be able to demonstrate their swimming endurance.

### Specific Learning Outcomes:

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

7.1 Demonstrate their endurance by swimming continuously for 25 minutes using one or more of the following strokes:

- 7.1.1 Front crawl
- 7.1.2 Back crawl
- 7.1.3 Breast stroke
- 7.1.4 Side stroke
- 7.1.5 Elementary backstroke

**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.)