

PHYED 11 Course Outline as of Fall 2005

CATALOG INFORMATION

Dept and Nbr: PHYED 11

Title: NON-SWIMMER

Full Title: Non-Swimmer

Last Reviewed: 11/23/2009

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	3	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 2.1

Catalog Description:

Physical and mental adjustment to water.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Physical & mental adjustment to water. Learning to swim. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

**AS Degree: Area**  
**CSU GE: Transfer Area**

Effective: Inactive:  
Effective: Inactive:

**IGETC: Transfer Area**

Effective: Inactive:

**CSU Transfer:** Transferable      Effective: Fall 1981      Inactive: Fall 2012

**UC Transfer:** Transferable      Effective: Fall 1981      Inactive: Fall 2012

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, the student will:

- I. Have knowledge of basic water skills including personal safety and rescue techniques.
- II. Demonstrate the ability to move horizontally through the water; building confidence and decreasing fear.
- III. Develop skills leading to success in: water exploration, floating basic strokes and rhythmic breathing.

### **Topics and Scope:**

#### **NON-SWIMMER SWIMMING SKILLS - LEVEL II**

##### **I. Exploration of water - mental adjustment**

- A. Breath hold (10 sec)
- B. Bubbling and bobbing (10 times)
- C. Open eyes under water
- D. Jelly fish float (5-second)
- E. Prone glide (5 feet)
- F. Back float
- G. Level off (front and back)

##### **II. Primary Skills**

- A. Rhythmic breathing (10 times)
- B. Turn-over
- C. Combined arm stroke (front & back)
- D. Front and back kick (flutter)
- E. Prone glide with kick (15 ft)
- F. Back glide with kick (15 ft)
- G. Jump into chest deep water
- H. Finning drills (for movement)

### **Assignment:**

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

NONE

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

NONE

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, WRITTEN ASSIGNMENT AND TEST

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category  
40 - 60%

## Representative Textbooks and Materials:

USS/ARC Video of strokes