

CATALOG INFORMATION

Dept and Nbr: PHYED 12.1 Title: SWIMMER - BEG.
Full Title: Beginning Swimmer
Last Reviewed: 12/12/2022

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 22 - 4 Times in any Comb of Levels
Also Listed As:
Formerly: PE 2.2

Catalog Description:
Basic water safety skills and knowledge leading to safe practices while in, on or about the water.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Basic water safety & swimming skills. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Times in any Comb of Levels

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:

UC Transfer: Transferable Effective: Fall 1981 Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course the student will:

- I. Have proper stroke and breathing mechanics for the front and back crawl and elementary backstroke.
- II. Be able to correctly swim the front crawl for a minimum of 25 yards.
- III. Demonstrate personal safety skills usable during a water emergency.

Topics and Scope:

BEGINNING SWIMMING SKILLS - Level III.

I. Personal Safety Skills

- A. Bobbing off bottom/various depths
- B. Survival floating
- C. Turning over front to back
- D. Introduction to treading water
- E. Finning

II. Primary Skills

- A. Flutter kick on front
 1. with kickboard
 2. without kickboard
- B. Stationary kicking with rolling head to breathe
- C. Front crawl arm action w/buoy
- D. Coordinated arm/leg action for front crawl, with breathing
- E. Prone glide
- F. Supine glide
- G. Flutter kick on back
 1. with kickboard
 2. without kickboard
- H. Back crawl arm action w/buoy
- I. Coordinated arm/leg action for back crawl
- J. Arm action for elementary backstroke
- K. Leg kick for elementary backstroke
- L. Coordinated movement for elementary backstroke
- M. Jump into deep water from side of pool

III. General Safety Skills

- A. Learn safe driving rules
- B. Learn how to open an airway
- C. Become familiar with pool rescue equipment

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, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

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.

Written assignment/exam

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:

ARC Swimming and Diving Skills video.