

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