

CATALOG INFORMATION

Dept and Nbr: PHYED 12.1     Title: BEGINNING SWIMMING  
Full Title: Beginning Swimming  
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:**  
This class consists of basic swim strokes that include the front crawl, back crawl, and backstroke. In addition to swimming, this class also includes 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: This class consists of basic swim strokes that include the front crawl, back crawl, and backstroke. In addition to swimming, this class also includes basic water safety skills and knowledge leading to safe practices while in, on or about the water. (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:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course students will be able to:

1. Use proper stroke and breathing mechanics for the front crawl, back crawl and elementary backstroke.
2. Demonstrate proper technique for beginning swimming strokes.
3. Explain personal safety skills usable during a water emergency.

### **Topics and Scope:**

- I. Stroke Mechanics
  - A. Front crawl
  - B. Back crawl
  - C. Backstroke
- II. Breathing Mechanics
  - A. Front crawl
  - B. Back crawl
  - C. Backstroke
- III. General Safety Skills
  - A. Learn safe diving rules
  - B. Basic water safety techniques
  - C. Become familiar with pool rescue equipment

### **Assignment:**

1. Skill demonstrations of strokes
2. Journal
3. Reading instructor prepared materials
4. Quizzes 2 to 4

## 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.

Journal

Writing  
5 - 10%

**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 - 35%

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

Quizzes

Exams  
20 - 35%

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

Attendance and participation

Other Category  
40 - 55%

## Representative Textbooks and Materials:

ARC Swimming and Diving Skills video.

Instructor prepared materials