

CATALOG INFORMATION

Dept and Nbr: PHYED 11

Title: WATER AWARENESS

Full Title: Water Awareness

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:**  
This class is designed to teach water awareness for non-swimmers and will include basic water safety information as well as elementary swim techniques.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This class is designed to teach water awareness for non-swimmers and will include basic water safety information as well as elementary swim techniques. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Enrollments Total

## **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:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 2012
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 2012

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Explain basic water skills including personal safety and rescue techniques
2. Demonstrate the ability to move horizontally through the water; building confidence and decreasing fear
3. Successfully demonstrate water exploration, floating, basic strokes and rhythmic breathing
4. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

- I. Exploration of water
  - A. Breath hold
  - B. Bobbing
  - C. Open eyes under water
  - D. Float
  - E. Prone glide
  - F. Back float
  - G. Level off
  - H. Mental aspects for first time swimmers
- II. Primary Skills
  - A. Rhythmic breathing
  - B. Turn-over
  - C. Combined arm stroke
  - D. Front and back kick
  - E. Prone glide with kick
  - F. Back glide with kick
  - G. Jump into chest deep water
  - H. Finning drills (for movement)
- III. Repeating students must demonstrate increased depth and

and breadth of related skills, with new learning objectives.

### Assignment:

1. Skill Demonstrations of basic strokes
2. Journal
3. Reading instructor prepared materials
4. Repeating students demonstrate an increased level of performance.
5. 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 - 20%

**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.

Skill performances, performance exams

Skill Demonstrations  
10 - 20%

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

Multiple choice, true/false, quizzes

Exams  
10 - 20%

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

Attendance and Participation

Other Category  
40 - 60%

### Representative Textbooks and Materials:

USS/ARC Video of strokes  
Instructor prepared materials