



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 240
Descriptive Title: Beginning Swimming

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course is designed for the beginner swimmer. Instruction and practice will emphasize the fundamentals and stroke mechanics of freestyle, backstroke, elementary backstroke, and sidestroke. Beginning diving skills and treading water along with basic water safety and rescues will be demonstrated and practiced.

Note: Letter grade or pass/no pass option.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Both
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Prior to July 1992

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: _____ Other: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate advancement in beginning swimming skills.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate proper stroke mechanics when swimming freestyle, backstroke, elementary backstroke and sidestroke for a minimum distance of 25 yards.
Performance exams
2. Analyze stroke mechanics and make the necessary corrections for improving swimming techniques.
Embedded questions
3. Compare and contrast the various types of swimming equipment and accessories used when swimming.
Embedded questions
4. Demonstrate the proper mechanics when jumping and diving into a swimming pool from the pool deck.
Performance exams
5. Apply appropriate mechanics to successfully tread water for one minute.
Performance exams
6. Apply the principles of buoyancy by successfully changing float positions from prone to supine, and visa-versa.
Performance exams
7. Demonstrate effective water safety skills by reaching or throwing flotation devices to distressed swimmers.
Performance exams
8. Successfully complete a 100 yard swim, non-stop, in any of the four strokes taught in the course.
Performance exams

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	2	I	Orientation A. Pool safety and basic rescue techniques B. Swimming equipment and accessories
Lab	6	II	Adjustment to water environment A. Principles of buoyancy B. Prone (stomach) float C. Prone glide D. Prone glide kick

Lab	10	III	Freestyle stroke A. Flutter kick B. Pulling C. Breathing D. Integration
Lab	8	IV	Supine (back) float A. Backstroke B. Kicking Pulling
Lab	2	V	Rolling from freestyle to backstroke and backstroke to freestyle
Lab	6	VI	Underwater swimming A. Shallow pool B. Deep pool
Lab	4	VII	Elementary backstroke A. Kicking B. Pulling
Lab	8	VIII	Sidestroke A. Kicking B. Pulling
Lab	4	IX	Group analysis of swimming stroke and implementation of recommended changes
Lab	2	X	Treading water techniques A. Legs B. Arms
Lab	2	XI	Jumping and Diving
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Using the principles of buoyancy, adjust your body position from a prone to a supine floating position and demonstrate for the instructor.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. After reviewing and analyzing a video tape of your stroke mechanics, orally describe and then demonstrate improvements to swim more efficiently.

2. Use the most energy efficient combination of strokes that will allow you to perform a 10 minute swim.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

- Performance exams
- Class Performance

V. INSTRUCTIONAL METHODS

- Demonstration
- Discussion
- Group Activities
- Laboratory
- Lecture
- Multimedia presentations

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

Ernest W. Maglischo, . Swim Fastest. Human Kinetics, 2003.
Qualifier Text: Discipline Standard,

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

Handouts on stroke mechanics

D. OTHER REQUIRED MATERIALS

- Swimsuit
- Goggles
- Swim Cap (if hair is longer than 4 inches)
- Towel

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Harry Perry on 09/01/1978.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised by Traci Granger on 09/14/2012

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