

I.
Course Information

Course Acronym:* PE

PE

Course Number:* 240A

Descriptive Title:* Beginning Swimming

Division: Health Sciences and Athletics

Department:*

Physical Education

Course Disciplines: Physical Education

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:

Prerequisite:

Co-requisite:

Recommended Preparation:

Enrollment Limitation:

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Course Hours:* 54

Course Units:* 1

Grading Method: Letter Grade and Pass/No Pass

Credit Status: Credit, degree applicable

Transfer CSU: Yes

Effective Date: Prior to July 1992

Transfer UC: Yes

Effective Date:

General Education:
ECC Area 5 - Health and Physical Education

Term:

Other:

CSU GE: Area E - Lifelong Understanding and Self-Development

Term:

Other:

IGETC:

Term:

Other:

II. Outcomes and Objectives

A. Student Learning Outcomes (SLOs) (The course student learning outcomes are listed below.)
SLO revisions are completed via the SLO Change Form available on the College Curriculum Committee website.

Student Learning
Outcomes:

SLO #1 Breathing

The student will demonstrate swimming freestyle using correct breathing.

SLO #2 Backstroke

The student will demonstrate swimming on their back using either backstroke or elementary backstroke.

SLO #3 Pool Safety

The student will demonstrate water safety by jumping into the deep pool and safely getting back to the edge of the pool.

B. Course Objectives (The major learning objective for in this course are listed below.)

Course Objectives:

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

III. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

- I. Main Topic (3 hours, lecture)
 - A. Sub topics
 - B. Sub topics
 1. Super sub topic
 2. Super sub topic

Major Topics:**I. Adjustment to water environment/Safety in the aquatic environment (6 hours, lab)**

1. Principles of buoyancy
2. Prone (stomach) float
3. Prone glide
4. Prone glide kick
5. Pool safety and basic rescue techniques
6. Swimming equipment and accessories

II. Freestyle stroke (12 hours, lab)

1. Flutter kick
2. Pulling - arms
3. Breathing
4. Integration
5. Transitioning to different body positions

III. Supine (back) float (8 hours, lab)

1. Flutter kick on back (supine position)
2. Pulling - arms
3. Breathing
4. Integration
5. Transition to different body positions

IV. Transitioning to different body positions (4 hours, lab)

1. Streamline/prone/freestyle swimming
2. Freestyle/roll over/backstroke
3. Freestyle/tread water/change directions/ freestyle
4. Backstroke/roll over/freestyle

V. Underwater swimming (4 hours, lab)

1. From the shallow pool/submerge and swim a distance of 3body lengths underwater
2. From the deep pool/push off from side and submerge/ swim underwater for a distance of 3 body lengths/surface without hyperventilating
3. Jumping into the deep pool/ submerge/swim underwater for a distance of 3 body lengths/surface and get to the side of the pool

VI. Elementary backstroke (4 hours, lab)

1. Kicking - legs
2. Pulling - arms
3. Integration

VII. Sidestroke (8 hours, lab)

1. Kicking - legs
2. Pulling - arms
3. Integration

VIII. Analysis of Swimming Strokes (4 hours, lab)

1. Individual viewing and analysis of swimming strokes
2. Group analysis of swimming strokes
3. Implementation of recommended changes needed

IX. Treading Water Techniques (2 hours, lab)

1. Kicking variations
2. Arms
3. Integration

X. Entering the Water Safely (2 hours, lab)

1. Jump - feet first
2. Dive - head first
3. Walking - Ocean/lake entry

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

IV. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

- 1) Substantial writing assignments
- 2) Problem solving demonstrations (computational or non-computational)
- 3) Skills demonstrations

Primary Method of Evaluation: 3) Skills demonstration

B. Typical Assignment Using Primary Method of Evaluation

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

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

Critical Thinking Assignment 2: Demonstrate to the instructor an energy efficient combination of strokes that will allow you to perform a 10 minute swim.

D. Other Typical Assessment and Evaluation Methods

Examples: Class Performance, Objective Exam, Clinical Evaluation, Oral Exams, Completion, Other Exams, Embedded Questions, Performance Exams, Essay Exams, Presentation, Fieldwork, Quizzes, Homework Problems, Reading Reports, Journal kept throughout course, Term or Other Papers, Laboratory Reports, True/False, Matching Items, Written Homework, Multiple Choice, Other (specify)

Other Evaluation Methods: Class Performance, Performance Exams

V. Instructional Methods

Examples: Lecture, Group Activities, Lab, Role play/simulation, Discussion, Guest Speakers, Multimedia presentations, Field trips, Demonstration, Other (specify)

Instructional Methods: Demonstration, Discussion, Group Activities, Lab, Lecture, Multimedia presentations

If other:

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

Work Outside of Class:* Course is lab only - minimum required hours satisfied by scheduled lab time

If Other:

VII. Texts and Materials

A. Up-to-date Representative Textbooks: Please use the following format(s):

Printed Text - Author, Title, Edition, Publisher, Year.

Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.

Sample: Dillon, Dave. Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.

If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.

**Multiple textbooks may be listed.*

Up-To-Date Representative Textbooks: Ernest W. Maglischo, Swim Fastest. Human Kinetics, 2003. (Discipline Standard)

B. Alternative Textbooks: Please use the following format(s): if applicable

Printed Text - Author, Title, Edition, Publisher, Year.

Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.

Sample: Dillon, Dave. Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.

If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.

**Multiple textbooks may be listed.*

Alternative Textbooks:

C. Required Supplementary Readings

Required Supplementary Readings: Handouts on stroke mechanics

D. Other Required Materials

Other Required Materials: Swimsuit
Goggles
Swim Cap (if hair is longer than 4 inches)
Towel

VIII. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Category:

Requisite course(s):
List both
prerequisites and
corequisites in this
box.

**Requisite and
Matching skill(s):** **Bold**
the requisite skill.
List the
corresponding course
objective under each
skill(s).

B. Requisite Skills: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite Skill:

**Requisite Skill and
Matching Skill(s):**
Bold the requisite
skill(s). If applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

**Requisite and
Matching skill(s):** **Bold**
the requisite skill.
List the
corresponding course
objective under each
skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite Skill:

**Requisite Skill and
Matching skill(s):**
Bold the requisite
skill. List the
corresponding course
objective under each
skill(s). If applicable

E. Enrollment Limitations

**Enrollment
Limitations and
Category:**

**Enrollment
Limitations Impact:**

Course Created by: Harry Perry

Date: 09/01/1978

**Original Board
Approval Date:**

**Last Reviewed and/or
Revised by:** Traci Granger

Date: 10/12/2016

**Last Board Approval
Date:** 12/19/2022