

EASTERN ARIZONA COLLEGE

Beginning Swimming I

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 101Q
Title Beginning Swimming I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab

Transfer Status

ASU	NAU	UA
KIN 105, EXW 105	PES 100	PE Departmental Elective, PE Activity Credit limit of three units

Activity Course Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Upon Request
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

Students interested in increasing their physical fitness level and learning swim stroke techniques to become a better swimmer.

Description

To orient students to water. To learn basic swimming techniques and strokes for lifelong fitness.

Supplies

Swimming suit

Competencies and Performance Standards

1. Orient and adjust to water in order to overcome the loss of body weight, loss of balance, and loss of body heat.

Learning objectives

What you will learn as you master the competency:

- a. Demonstrate submersion exercises.
- b. Demonstrate bobbing exercises.
- c. Demonstrate floating exercises.

Performance Standards

Competence will be demonstrated:

- o by demonstrating submersion, bobbing, and floating exercises to the satisfaction of the instructor

Criteria - Performance will be satisfactory when:

- o learner demonstrates submersion exercises
- o learner demonstrates bobbing exercises
- o learner demonstrates floating exercises

2. Demonstrate the adjustment of hands and feet to paddling in shallow water.

Learning objectives

What you will learn as you master the competency:

- a. Demonstrate sculling with or without feet.
- b. Demonstrate finning with or without feet.
- c. Demonstrate treading water with or without feet.

Performance Standards

Competence will be demonstrated:

- o by demonstrating sculling, finning, and treading water to the satisfaction of the instructor

Criteria - Performance will be satisfactory when:

- o learner demonstrates sculling with or without feet
- o learner demonstrates finning with or without feet
- o learner demonstrates treading water with or without feet

3. Demonstrate safety and survival strokes.

Learning objectives

What you will learn as you master the competency:

- a. Demonstrate resting backstroke.
- b. Demonstrate elementary backstroke.
- c. Demonstrate underarm sidestroke.

Performance Standards

Competency will be demonstrated:

- o by demonstrating safety and survival strokes to the satisfaction of the instructor

Criteria – Performance will be satisfactory when:

- learner demonstrates the resting backstroke
- learner demonstrates the elementary backstroke
- learner demonstrates the underarm sidestroke

4. Demonstrate skilled strokes.

Learning Objectives

What you will learn as you master the competency:

- a. Demonstrate kick techniques.
- b. Demonstrate arm stroke techniques.

Performance Standards

Competence will be demonstrated:

- by demonstrating skilled strokes to the satisfaction of the instructor

Criteria – Performance will be satisfactory when:

- learner demonstrates kick techniques
- learner demonstrates arm stroke techniques

5. Explain part-whole method in synchronizing action of arms and legs in all strokes.

Learning objectives

What you will learn as you master the competency:

- a. Explain breakdown of each stroke from whole to its component parts.
- b. Explain progressive stages of building each stroke from its parts to the whole stroke.

Performance Standards

Competence will be demonstrated:

- learner will explain part-whole method in synchronizing action of arms and legs in all strokes

Criteria - Performance will be satisfactory when:

- learner explains breakdown of each stroke from whole to its component parts
- learner explains progressive stages of building each stroke from its parts to the whole stroke

Types of Instruction

On Campus Laboratory and Clinicals

Grading Information

Grading Rationale

Portfolio	10%
Performance	30%
Attendance	60%

Grading Scale

A	90% or above
B	80-89%
C	70-79%
D	60-69%
F	59% or below