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     

<table>
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<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<td>KIN 105, EXW 105</td>
<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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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**

<table>
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<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Portfolio</td>
<td>10%</td>
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<tr>
<td>Performance</td>
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<td>Attendance</td>
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Grading Scale

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