Advanced Swimming I

Course Information

Division: Health & Physical Education
Course Number: HPE 201Q
Title: Advanced Swimming I
Credits: 1
Developed by: Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status: KIN 205    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 learn basic swimming techniques and strokes for lifelong fitness.

Supplies
Swimming suit
**Competencies and Performance Standards**

1. **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

2. **Demonstrate safety and survival strokes.**
   
   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. Demonstrate resting backstroke for lengthened time.
   
   b. Demonstrate elementary backstroke for lengthened time.
   
   c. Demonstrate underarm sidestroke for lengthened time.
   
   **Performance Standards**
   
   *Competence will be demonstrated:*
   
   o by demonstrating safety and survival strokes to the satisfaction of the instructor
   
   *Criteria – Performance will be satisfactory when:*
   
   o learner demonstrates the resting backstroke for lengthened time
   
   o learner demonstrates the elementary backstroke for lengthened time
   
   o learner demonstrates the underarm sidestroke for lengthened time

3. **Demonstrate skilled strokes for distance.**
   
   **Learning Objectives**
   
   *What you will learn as you master the competency:*
   
   a. Demonstrate the flutter kick technique for distance.
   
   b. Demonstrate the scissors (both sides) kick technique for distance.
   
   c. Demonstrate the whip kick technique for distance.
   
   d. Demonstrate the dolphin kick technique for distance.
   
   **Performance Standards**
   
   *Competence will be demonstrated:*
   
   o by demonstrating skilled kicks to the satisfaction of the instructor
   
   *Criteria – Performance will be satisfactory when:*
   
   o learner demonstrates the flutter kick technique for distance
o learner demonstrates the scissors (both sides) kick technique for distance
o learner demonstrates the whip kick technique for distance
o learner demonstrates the dolphin kick technique for distance

4. **Demonstrate arm stroke techniques for distance.**

   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. Demonstrate alternating stroke with breathing for distance.
   b. Demonstrate side stroke with breathing for distance.
   c. Demonstrate breaststroke for distance.
   d. Demonstrate resting inverted breaststroke for distance.
   e. Demonstrate butterfly stroke for distance.

   **Performance Standards**
   
   *Competence will be demonstrated:*
   
   o by demonstrating arm stroke techniques for distance to the satisfaction of the instructor

   **Criteria – Performance will be satisfactory when:**
   
   o learner demonstrates alternating stroke with breathing for distance
   o learner demonstrates side stroke with breathing for distance
   o learner demonstrates breaststroke for distance
   o learner demonstrates resting inverted breaststroke for distance
   o learner demonstrates butterfly stroke for distance

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:*
   
   o by explaining part-whole method in synchronizing action of arms and legs in all strokes

   **Criteria - Performance will be satisfactory when:**
   
   o learner explains breakdown of each stroke from whole to its component parts
   o 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
Portfoli0 10%
Performance 30%
Attendance 60%

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