

# EASTERN ARIZONA COLLEGE

## Advanced Swimming I

Course Design  
2016-2017

**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**

ASU	NAU	UA
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**

*Competency 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**

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