

EASTERN ARIZONA COLLEGE

Advanced Swimming II

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 202Q
Title Advanced Swimming II
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

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|-------------|-----|
| Portfolio | 10% |
| Performance | 30% |
| Attendance | 60% |

Grading Scale

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