Course Syllabus

Department: Physical Education & Integrated Health Care

Date: September 2012

I. Course Prefix and Number: PE 140

   Course Name: Beginning Swimming

   Credit Hours and Contact Hours: 1 credit hour, 2 contact hours

   Catalog Description including pre- and co-requisites: This course is designed for the student who is a non-swimmer or does not demonstrate proficiency in the water. It will include instruction in basic areas of water safety, rescue techniques, and basic swimming strokes. The general Red Cross swimming program will be followed. No prerequisites.

   Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

   This course can be used to fulfill one credit of the PE requirement for all major programs at FLCC. It is considered an introductory class and no prior knowledge of swimming is required. Students will also complete the American Red Cross Basic Water Rescue Program as a part of this class.

II. Course Student Learning Outcomes:

   The student will:

   1. Demonstrate breath control and rhythmic breathing.
   2. Describe and implement basic survival skills.
   3. Employ floating techniques.
   4. Distinguish and implement stroke mechanics of the front crawl, back crawl, elementary back stroke, sidestroke and breaststroke.
   5. Demonstrate treading water, surface dives and underwater swimming.
   6. Discover the American Red Cross Learn to Swim Program.
   7. Develop a sense of wellness in an aquatic environment.

   College Learning Outcomes Addressed by the Course: (check each College Learning Outcome addressed by the Student Learning Outcomes)

   □ writing           □ computer literacy
   □ oral communications □ ethics/values
   □ reading           □ citizenship
   □ mathematics       □ global concerns
   □ critical thinking □ information resources
III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): For each identified outcome checked, please provide the specific assessment measure.

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Thinking</td>
<td>Demonstrate survival skills</td>
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<td></td>
<td>Distinguish and implement stroke mechanics</td>
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<tr>
<td>Ethics/Values</td>
<td>Learn how to swim</td>
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</tbody>
</table>

IV. Instructional Materials and Methods

Types of Course Materials:

- Demonstration and physical participation in activities
- Exploration and experimentation of buoyancy principles
- Lecture

Methods of Instruction (e.g. Lecture, Lab, Seminar …):

- Attendance
- Participation
- Skill improvement

V. General Outline of Topics Covered:

- Water safety
- Basic Water rescue
- Water aerobics
- Stroke improvement and Endurance
- Front flutter kick
- Back flutter kick
- Front crawl with rhythmic breathing
- Back Crawl
- Elementary Backstroke
- Breaststroke
- Sidestroke
- Diving
Front dive – off side
Front dive – pool side/board
Front dive – pool side/3-step
Underwater skills – shallow water
Underwater skills – deep water

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