Syllabus

HPE 140 Swimming Fundamentals

General Information

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Author
Eric Marsh

Department
Physical Education and Integrated Health Care

Course Prefix
HPE

Course Number
140

Course Title
Swimming Fundamentals

Course Information

Credit Hours
1

Lecture Contact Hours
0.5

Lab Contact Hours
1.5

Other Contact Hours
0

Catalog Description
This course is designed for any level swimmer (from non-swimmer to advanced) who would like to improve proficiency in stroke development, endurance, and basic water safety. The course develops skills and endurance training necessary to progress into a lifeguarding certification course. This course includes basic rescue techniques.

Key Assessment
This course does not contain a Key Assessment for any programs

Prerequisites
None

Co-requisites
None
First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality
Inquiry
Perseverance

Course Learning Outcomes

Course Learning Outcomes

1. Demonstrate breath control and rhythmic breathing.

2. Distinguish and implement mechanics of fundamental strokes (e.g. front crawl, back crawl, elementary back stroke, sidestroke and breaststroke).

3. Demonstrate treading water, surface dives and underwater swimming.

4. Promote lifetime wellness and safety in aquatic environments.

Outline of Topics Covered

I. Water safety
II. Basic water rescue and survival skills
III. Water aerobics
IV. Stroke improvement and endurance
V. Front flutter kick
VI. Back flutter kick
VII. Front crawl with rhythmic breathing
VIII. Back Crawl
IX. Elementary Backstroke
X. Breaststroke
XI. Sidestroke
XII. Diving
   a. Front dive – off side
   b. Front dive – pool side/board
   c. Front dive – pool side/3-step
XIII. Underwater skills – shallow water
XIV. Underwater skills – deep water