BEGINNING SWIMMING
PHED 2390

Class Hours: 0.0  Credit Hours: 1.0
Laboratory Hours: 2.0  Date Revised: Spring 01

Catalog Course Description:
Instruction and practice in water survival skills and basic swimming strokes.

Entry Level Standards:
None

Prerequisites:
None

Textbook(s) and Other Reference Materials Basic to the Course:

Textbook:

Personal Equipment:
Swimming Suit – required  Pool Footwear, Swimming Caps, and goggles- Optional

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction/ pool rules/rules for safety in swimming</td>
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<tr>
<td>2</td>
<td>Water adjustment activities/flutter kick</td>
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<tr>
<td>3</td>
<td>Float/glide/glide with flutter kick</td>
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<tr>
<td>4</td>
<td>American Crawl arm stroke/ Alternate breathing/ Survival float</td>
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<tr>
<td>5</td>
<td>American Crawl arm stroke/ Alternate breathing</td>
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<td>6</td>
<td>Practice Stroke</td>
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<td>7</td>
<td>Practice Stroke/Written Test</td>
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<tr>
<td>8</td>
<td>Whip kick on back/ Elementary Backstroke arm movement</td>
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<tr>
<td>9</td>
<td>Treading water/survival float</td>
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II. Course Objectives*:

A. Swim employing correct technique. II. 2
B. Demonstrate knowledge of swim safety. I. 5
C. Demonstrate knowledge of swim terminology. I. 5
D. Evaluate and correct errors in swimming form and execution. III. 2
E. Demonstrate knowledge of swim equipment and facilities. 1.5
F. Demonstrate knowledge of swimming form and technique. II. 2
G. Gain and/or improve basic swimming skills. II. 2
H. Develop an understanding of how his/her body physically interacts and react to the water. II.2
I. Execute dives and other water skills employing correct techniques. II. 2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to swimming. Communication Outcome, Information Literacy Outcome, Active Learning Strategy
2. Read then demonstrate knowledge of swimming technique, rules and other relevant factual information. Communication Outcome, Information Literacy Outcome
3. Analyze, evaluate, and modify technique to improve performance. Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy
4. Develop strategies to increase swimming endurance and speed. Problem Solving and Decision Making Outcome
5. Appreciate the intrinsic value of swimming as a life-long recreational activity. Transitional Strategy, Personal Development Outcome
Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*:

Upon successful completion of this course, the student should be able to:

1. Perform the back float for 10 seconds. D, F, G, H, I
2. Perform the front float for 10 seconds. D, F, G, H, I
4. Perform the flutter kick on front and back. D, F, G, H, I
5. Demonstrate knowledge of and perform the American crawl stroke with alternate breathing. A, D, F, G, H, I
6. Demonstrate the arm action for the elementary backstroke. D, F, G, H, I
7. Demonstrate knowledge of and perform the elementary backstroke with proper timing. A, D, F, G, H, I
8. Demonstrate knowledge of treading water. I
9. Tread water for 60 seconds. I
10. Demonstrate the whip kick on the stomach and back. D, F, G, H, I
12. Demonstrate knowledge of and perform the breaststroke using proper form and timing. A, D, F, G, H
13. Demonstrate the standing dive. I
14. Demonstrate at least two different surface dives. I
15. Jump into deep water, tread water, and swim to the shallow end of the pool. A, D, G, H, I
16. Demonstrate knowledge of forward, backward, upward and downward movements are achieved in water. H, I
17. Swim fifty yards. A, D, G, H, I
18. Explain the principles of water safety and demonstrate non-swimming rescues. B
19. Demonstrate knowledge of water safety. B
20. Demonstrate knowledge of swimming terminology. C
21. Demonstrate knowledge of inertia in swimming. H
22. Demonstrate knowledge of action-reaction principle in swimming. H
23. Demonstrate knowledge of buoyancy. H
24. Demonstrate knowledge of swimming pools. E

25. Demonstrate knowledge of water safety devices. E

26. Demonstrate knowledge of swimming equipment. (mask, snorkels, fins). E

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 60 points

   Written Examinations: 20 points
   Skill Test:
   50 yard American Crawl 10 points
   50 yard Elementary Back Stroke 10 points
   60 second treading water 10 points
   60 second survival float 10 points

B. Laboratory Expectations:

   N/A

C. Field Work: 40 points

   Attendance and participation: 40 points
   After three absences, 4 points will be subtracted from the student's attendance grade. Students with eight or more absences will not pass this course. Students who fail to participate in assigned activities will be counted as absent.

D. Other Evaluation Methods: Extra Credit: 5 points

   Summit a two page typed report on swimming.

E. Grading Scale:

   A  93 -100 points
   B+ 92 - 88 points
   B  87 - 83 points
   C+ 82 - 78 points
   C  77 - 73 points
   D+ 72 - 68 points
   D  67 - 62 points
   F  61 below points

VI. Policies:

A. Attendance Policy:

   Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to
Academic and Student Affairs, may have requirements that are more stringent.

B. Other Policies:

Make-up policy:
1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

Injury Policy:
Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.