



## PE 1300

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 1300

**Title:** Beginning Swimming

**Catalog Description:**

In this course students will learn to swim. They will gain experience and comfortably display the five basic swimming strokes: front crawl, back crawl, elementary backstroke, sidestroke and breaststroke. The students will also learn to dive from the bank and low-board. They will be taught to swim fully clothed and use their clothes as a flotation device.

**General Education Requirements:** N/A

**Semesters Offered:** Fall, Spring

**Credit/Time Requirement:** Credit: 1; Lecture: 0; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Prerequisites:** None

**Justification:**

This course will transfer as a physical education elective credit to four-year institutions.

**Student Learning Outcomes:**

Individuals will learn how to swim, perform the five basic swimming strokes and breathe effectively while swimming. Individuals will also learn how to be reasonably safe in, out and around the water.

**Content:**

- Skills and techniques of swimming the front crawl, back crawl, elementary backstroke, sidestroke and breaststroke
- Safety in and out of the water

**General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

An important goal of this course is to support students' choices to apply personal fitness principles to their lives

by providing opportunities to increase their ability to perform each of the five swimming strokes and to enjoy vigorous physical activity, a necessary ingredient of physical health.

**Key Performance Indicators:**

- Evaluation of swimming skills and techniques: 30%
- Written: 15 %
- Improvement: 10%
- Half mile swim: 10%
- Final mile swim: 20%
- Attendance: 15%

**Representative Text and/or Supplies:**

No text required, however, the following items are required:

- swimsuit
- swim goggles
- swim cap
- towel

**Optimum Class Size: 12**

**Maximum Class Size: 18**

**Signatures:**

I hereby submit this course syllabus:

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Elliot Anderson, ,

I hereby find this course consistent with the goals and resources of the Physical Education Department:

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Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)