



PE 1301

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1301

Title: Intermediate Swimming

Catalog Description:

This course will help students improve their ability to swim and to build on their previous skills in the six different strokes: front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke. The butterfly will be taught only in this course, not in Beginning Swimming. Students will also learn a competitive turn or open turn and an approach dive off the low-board. They will also 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: PE 1300 (formerly PE 1600) or ability to swim

Justification:

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

Student Learning Outcomes:

The student will be able to demonstrate how to swim the six strokes more effectively by coordinating their arms, legs, and breathing.

Content:

- Skills and techniques of swimming the front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke with proper arm, leg, and breathing coordination
- Introduction of the butterfly stroke
- Competitive turns
- Beginning diving
- 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 six swimming strokes, to enjoy vigorous physical activity in a swimming pool, and to improve their physical health. The instructor will evaluate the student's technique and suggest ways to improve.

Key Performance Indicators:

- Evaluation of swimming skills and techniques
- Attendance and participation
- Improvement
- Half mile swim
- Mile swim
- Written test

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:

Bob Trythall, MS, Associate Professor

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

Bob Trythall, MS, Associate Professor, Chair

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

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:

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

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)