



## PE 1302

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 1302

**Title:** Advanced Swimming

**Catalog Description:**

Students will improve their swimming skills in freestyle, back crawl, breaststroke and butterfly. The class will provided timed swims and a regular workout schedule.

**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 1301 (formerly PHED 1620) or ability to swim the four competitive strokes: freestyle, back crawl, breaststroke, butterfly

**Justification:**

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

**Student Learning Outcomes:**

The students will increase their skill in the four competitive swim strokes along with the accompanying turns and learn to enjoy swimming for exercise and relaxation from stress.

**Content:**

Skills and techniques of the four competitive swim strokes and accompanying turns

**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 swimming skills and enjoy vigorous physical activity in a water environment which will enhance physical health.

Evaluation of swimming skills and techniques for each stroke: Freestyle: 20%, Back crawl: 20%, Breaststroke: 20%, Butterfly: 20%, Attendance: 60%, Time events: Front Crawl 500 Yards 30%, Back Crawl 200 Yards: 30%, Breaststroke 100 Yards: 30%, Butterfly 100 Yards: 30%.

**Representative Text and/or Supplies:**

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

- swimsuit
- swim goggles
- swim cap
- towel

Preferably, students will have their own flippers, pull buoy and a kickboard, but if not, this equipment can be provided.

**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)