



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 in the state.

Student Learning Outcomes:

The students will be able to:

- demonstrate improved skill in the four competitive swim strokes.
- demonstrate the use of the appropriate turns to swim competitively
- explain and discuss the benefits swimming provides for exercise and relaxation.

Content:

Skills and techniques for competitive swimming

- strokes
- turns
- dives

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. The instructor will evaluate the students' technique and suggest ways to improve.

Key Performance Indicators:

Students will be evaluated on their skill and technique for each of the following strokes:

- Freestyle
- Back crawl
- Breaststroke
- Butterfly

Students will also be evaluated on attendance and participation and the following timed events:

- Front Crawl 500 Yards
- Back Crawl 200 Yards
- Breaststroke 100 Yards
- Butterfly 100 Yards

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:

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)