



## 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.

**Student Learning Outcomes:**

Individuals will learn 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
- 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.

**Key Performance Indicators:**

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