

PHED 10A: AQUATICS: LEVEL I, BEGINNING SWIMMING

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Aquatic family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate basic water safety skills, including floating, backstroke, freestyle.
- Students will demonstrate confidence in and around water.

Description

Introduction to swimming and safety skills. Includes physical and mental adjustment to water, buoyancy and body position, survival skills, and basic swim strokes.

Course Objectives

The student will be able to:

1. Use proper stroke and breathing mechanics for the front crawl, back crawl, and elementary backstroke
2. Demonstrate proper technique for beginning swimming strokes
3. Explain personal safety skills usable during a water emergency

Course Content

1. Stroke mechanics
 - a. Front crawl
 - b. Back crawl
 - c. Backstroke
2. Breathing mechanics
 - a. Front crawl
 - b. Back crawl
 - c. Backstroke
3. General safety skills
 - a. Learn safe diving rules
 - b. Basic water safety techniques
 - c. Become familiar with pool rescue equipment

Lab Content

1. Stroke mechanics
2. Breathing mechanics
3. General safety skills

Special Facilities and/or Equipment

1. Access to swimming pool.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Skill demonstrations of strokes
Journal entries
Writing assignments based on prepared reading materials
Quizzes 1-4

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Physical activity
Video analysis
Lecture
Demonstration

Representative Text(s) and Other Materials

Omsgard, Eldin. *Swimming Essentials, 2nd ed.* 2014.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Attendance and observation at high school and/or college level swim practice and/or swim meet
2. Journal entries
3. Reading instructor prepared materials and completing assigned writing assignments

Discipline(s)

Physical Education