

PHED 10A: AQUATICS: LEVEL I, BEGINNING SWIMMING

Foothill College Course Outline of Record

Heading	Value
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
- 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:

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

Course Content

- Stroke Mechanics
 - Front crawl
 - Back crawl
 - Backstroke
- Breathing Mechanics
 - Front crawl
 - Back crawl
 - Backstroke
- General Safety Skills
 - Learn safe diving rules
 - Basic water safety techniques
 - Become familiar with pool rescue equipment

Lab Content

- Stroke Mechanics
- Breathing Mechanics
- General Safety Skills

Special Facilities and/or Equipment

Access to swimming pool

Method(s) of Evaluation

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

Method(s) of Instruction

- Physical activity
- Video analysis
- Lecture
- Demonstration

Representative Text(s) and Other Materials

Onsgard, Eldin. *Swimming Essentials*. 2nd ed. CreateSpace Independent Publishing Platform, October 10, 2014.

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

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

Discipline(s)

Physical Education