

PHED 10B: AQUATICS: LEVEL II, INTERMEDIATE 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 intermediate level skill proficiency in treading water, breaststroke & butterfly. Apply basic knowledge of competitive starts and turns. Improve swimming endurance and overall level of physical fitness.
- Be able to demonstrate a level of skill and strength in the water

Description

A continuation of development of swim and safety skills beyond the beginning phase. Includes physical and mental adjustment to water, buoyancy and body position, survival skills, and the basic competitive swim strokes. Includes intermediate water safety skills and knowledge leading to safe practices while in, on or about the water.

Course Objectives

The student will be able to:

- Utilize proper mechanics for front crawl, back crawl, breast stroke, sidestroke, and elementary backstroke.
- Develop a personalized conditioning program.
- Improve cardiovascular fitness.
- Be familiar with and able to use standard pool rescue equipment.

Course Content

A. Basic Water Skills

- Floating
 - Front
 - Back
 - Turning front to back
- Treading water/rotary kick
- Sculling
 - On front
 - On back
- Stroke Refinement
 - Crawl stroke
 - Flutter kick
 - Pulling
 - Breathing
 - Back crawl

- Flutter kick
 - Pulling
 - Roll and breathing
- Breast stroke
 - Whip kick
 - Pulling
 - Timing and breathing
 - Glide
 - Elementary backstroke
 - Pull and kick coordination
 - Glide
 - Sidestroke
 - Scissors kick
 - Pull
 - Glide
 - Turns
 - Open turns
 - Front
 - Back
 - Introduction to racing turns
 - Flip turn
 - Breaststroke pull down
 - Introduction to Butterfly
 - Dolphin kick
 - Pull
 - Stroke coordination
 - Diving
 - Surface dives
 - Tuck
 - Pike
 - Feet first
 - Entries
 - Kneeling dive from side
 - Standing dive from side
 - Long, shallow dive
 - Diving from low board
 - Stride jump
 - Safety Skills
 - Diving board safety
 - Rescue breathing
 - Open airway
 - Assess breathing
 - Recognition of spinal injuries
 - Introduction to CPR
 - Use of rescue equipment
 - Ring buoy
 - Shepherd's crook
 - Other available equipment

Lab Content

- Basic Water Skills
 - Floating
 - Treading water/rotary kick
 - Sculling
- Stroke Refinement
 - Crawl stroke
 - Back crawl
 - Breast stroke
 - Elementary backstroke
 - Sidestroke
- Turns

1. Open turns
2. Introduction to racing turns
- D. Introduction to Butterfly
 1. Dolphin kick
 2. Pull
3. Stroke coordination
- E. Diving
 1. Surface dives
 2. Entries
- F. Safety Skills
 1. Diving board safety
 2. Rescue breathing
 3. Recognition of spinal injuries
 4. Introduction to CPR
 5. Use of rescue equipment

Special Facilities and/or Equipment

Access to the swimming pool.

Method(s) of Evaluation

- A. Skill demonstrations of strokes
- B. Journal entries
- C. Writing assignments based on prepared reading materials
- D. Quizzes 1-4

Method(s) of Instruction

Physical activity, video analysis, lecture & demonstration

Representative Text(s) and Other Materials

Taormina, Sheila. [Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming \(Swim Speed Series\)](#). VeloPress, September 1, 2014.

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

- A. Observation at high school and/or college level swim practice and/or swim meet
- B. Journal entries
- C. Reading instructor prepared materials and completing assigned writing assignments

Discipline(s)

Physical Education