COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1117: Swimming

A. CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 30-32 hours per semester
3. Prerequisites (Course discipline/number): None
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

Physical education activity course designed to educate the beginning and intermediate swimmer with demonstrated knowledge of basic water safety and current rescue techniques. Instruction will be given in a variety of swimming strokes along with analysis and endurance swimming involving the various strokes.

B. DATE LAST REVISED (Month, year): October, 2006

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Skill instruction
   a) Front crawl
   b) Back crawl
   c) Elementary backstroke
   d) Side stroke
   e) Breast stroke
2. Other water skills
   a) Diving
   b) Treading water
   c) Survival floating
3. Water safety
   a) Safety while having fun
   b) Preparing for water activities
   c) Water hazards
   d) Aquatic recreation
   e) Taking action in an emergency
   f) Providing care until help arrives
4. Endurance and fitness enhancement through distance swimming

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Gain knowledge related to basic water safety and rescue techniques.
2. Demonstrate appropriate rescue techniques for general safety used by lay persons.
3. Be familiar with various water environments and the safety issues surrounding each environment.
4. Demonstrate swimming skills for various strokes and apply skill analysis for improvement.
5. Demonstrate surface dives and standing dives.
6. Demonstrate treading water, survival floating for a determined time limit deemed by instructor.
7. Understand cardiovascular benefits gained through swimming.
8. Gain an appreciation of fitness benefits learned through participating in swimming.
9. Understand opportunity for lifetime activity in various swimming activities.
10. Discuss knowledge of appropriate prevention keys revolving around water activities.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Written exam
2. Attendance
3. Participation/attitude
4. Stroke evaluation
5. Water safety rescue evaluation
6. Outside assignment/In-class activities
G. SPECIAL INFORMATION (if any):
   1. Special extra student fee for pool rental.
   2. Students must provide own transportation to swim site off-campus.
   3. Students must provide own swim apparel appropriate for class instruction and activity.