

## Course discipline/number/title: PHED 1117: Swimming

### A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course is intended to introduce the student to all aspects of the activity of swimming, regardless if the learner is a beginning or intermediate swimmer. The course will include instruction in techniques of swimming strokes with basic water safety and current rescue techniques. Instruction will be given in a variety of formats for teaching swim strokes along with technical analysis and evaluation for improvement. Other concepts may include endurance swimming utilizing various strokes to match swimming situations.

C. DATE LAST REVISED (Month, year): April, 2019

### D. OUTLINE OF MAJOR CONTENT AREAS:

1. Skill instruction
  - a) Front crawl
  - b) Back crawl
  - c) Elementary backstroke
  - d) Side stroke
  - e) Breaststroke
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

### E. 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.

### F. LEARNING OUTCOMES (MNTC): NA

### G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation
2. Daily Exercises
3. Written Exam
4. Practical Skills Exams



- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:  
Continued. . .
  - 5. Stroke Evaluation
  - 6. Water Safety Skill Evaluation
  
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s):  
Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
  
- I. SPECIAL INFORMATION (if any): None