

DEREE COLLEGE SYLLABUS FOR:

PE 1001 SWIMMING

(Updated Spring 2009)

(Previously PE 1001 Basic Swimming)

0/2/1

PREREQUISITES: None

CATALOG

DESCRIPTION: The six basic techniques of swimming – free style, back stroke, elementary backstroke, breast stroke, side stroke and butterfly along with entries, turns, and underwater swimming will be taught. Elements of water safety will be introduced. *Graded on a P/F basis.*

RATIONALE: Swimming is an essential life skill. This is particularly true in Greece. Being surrounded by water and many beautiful beaches, there are many opportunities for water activities.

OBJECTIVES

- The student will be able to demonstrate effectively the freestyle technique of swimming.
- The student will be able to demonstrate the back stroke.
- The student will be able to demonstrate the elementary backstroke.
- The student will be able to demonstrate the breaststroke.
- The student will be able to demonstrate the sidestroke.
- The student will be able to demonstrate the butterfly stroke.
- Perform effective starts and turns.
- Improve strength and endurance.
- The student will be able to Swim underwater
- The student will be able to explain water safety principles.

LEARNING

ACTIVITIES: Lectures, discussions, and demonstration of skills for the six basic strokes of swimming.

EVALUATION: The students will be given a written test and a practical test in the water to demonstrate their skill proficiency.

REQUIRED

MATERIAL: Swim suit & towel

CONTENT OUTLINE:

- Body positioning & basic breathing
 - Inhalation & expiration
 - Water mobility, balance and horizontal alignment
- Freestyle
 - Flutter kick, downbeat, upbeat, perception of propulsion and water resistance
 - Coordination kick-breathing
- Arm stroke
 - Timing of the arms, the legs and the breathing
 - First down sweep, first upsweep, second down sweep, second upsweep
 - Connected exercises of arm stroke and kick
- Combination arm and breathing
 - Propulsion through the arms movement
 - In sweep/ kick/ breathing
 - Emphasized in the inertial point of breaststroke
- Backstroke
 - Leg action, upbeat - downbeat
 - Flutter kick
- Breaststrokes
 - Leg action
 - Teaching lift and glide
- Butterfly
 - Body position leg movement
 - Dolphin kick bending of waist
- Sidestroke
- Elementary backstroke
- Entries
- Turns
- Underwater swimming & precautions
- Water Safety