

# PE-1330: SWIMMING I

## Cuyahoga Community College

**Viewing: PE-1330 : Swimming I**

**Board of Trustees:**

December 2021

**Academic Term:**

Fall 2022

**Subject Code**

PE - Physical Education

**Course Number:**

1330

**Title:**

Swimming I

**Catalog Description:**

Fundamental swimming skills for non-swimmers and shallow water swimmers including water adjustment, floating, breathing techniques, basic swimming strokes, and water safety skills.

**Credit Hour(s):**

1

**Lecture Hour(s):**

0

**Lab Hour(s):**

2

**Other Hour(s):**

0

## Requisites

**Prerequisite and Corequisite**

None.

## Outcomes

**Course Outcome(s):**

Evaluate swimming as an exercise.

**Objective(s):**

1. Identify terminology used in swimming.
2. Explain the health benefits of swimming.
3. Identify basic hydrodynamic principles of the body in water.

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**Course Outcome(s):**

Demonstrate beginner level skills of swimming and use of swimming equipment.

**Objective(s):**

1. Demonstrate use of goggles, kickboards, pull buoys, and fins.
2. Demonstrate how to enter and exit the pool safely.
3. Demonstrate how to jump feet-first into the shallow and deep water.
4. Demonstrate how to perform a head-first dive from a sitting or kneeling position on the side of the pool.
5. Demonstrate how to float on the front and back in shallow and deep water.
6. Demonstrate how to front and back glide using various kicks.

7. Demonstrate how to change directions and position on the front and back.
8. Demonstrate basic treading in deep water.
9. Demonstrate proper body position on front and back with flutter kick.
10. Demonstrate breath control while underwater swimming.
11. Demonstrate rhythmic, rotary breathing in the front crawl stroke.
12. Demonstrate basic proficiency in the front crawl (freestyle)
13. Demonstrate basic proficiency in the back crawl (back stroke).
14. Demonstrate basic proficiency in the elementary backstroke.
15. Demonstrate the butterfly kick.
16. Demonstrate the front crawl for at least 25 yards.
17. Demonstrate the back crawl for at least 25 yards.
18. Demonstrate the elementary backstroke for at least 25 yards.
19. Demonstrate a survival float in the shallow and deep water.
20. Demonstrate how to wear a lifejacket
21. Demonstrate how to enter the pool using a lifejacket.
22. Demonstrate the HELP and HUDDLE positions.

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**Course Outcome(s):**

Evaluate the importance of safety in and around aquatic environments.

**Objective(s):**

1. Discuss an emergency action plan.
2. Discuss the importance knowing basic water safety skills including survival floating, HELP and HUDDLE positions, and treading water
3. Recognize the importance of rules and regulations to enhance safety aquatic environment.

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**Methods of Evaluation:**

- A. Participation
- B. Written assignments
- C. Internet assignments
- D. Class discussion
- E. Skills assessment

**Course Content Outline:**

1. Swimming terminology
2. Hydrodynamic principles
  - a. Buoyancy
  - b. Center of mass
  - c. Center of buoyancy
  - d. Resistive forces
  - e. Propulsive forces
3. Health benefits of swimming
  - a. Physical
  - b. Mental
  - c. Social
4. Equipment used in swimming
5. Water entry and exit
6. Jump into deep water from the side
  - a. Feet first entry from the side of the pool
  - b. Head-first dive entry from the side in a sitting or kneeling position
7. Breath Control and Underwater Swimming

- a. Submerge underwater and retrieve an object
  - b. Bob with the head fully submerged
  - c. Rotary breathing with the body in a horizontal position
- 8. Buoyancy on Front
  - a. Front glide using two different kicks
  - b. Front float
- 9. Buoyancy on Back
  - a. Back glide using two different kicks
  - b. Back float
- 10. Changing Directions and Position
  - a. Change from vertical to horizontal position on front
  - b. Change from vertical to horizontal position on back
- 11. Swim on Front
  - a. Front crawl
  - b. Butterfly kick and motion
- 12. Swim on Back
  - a. Back crawl
  - b. Elementary backstroke
- 13. Personal Water Safety
  - a. The emergency action plan
  - b. Rules for safe diving
  - c. Wearing a life jacket
  - d. Entering the water using a life jacket
  - e. HELP position
  - f. HUDDLE position
  - g. Tread water in deep end of pool
  - h. Perform survival float in deep end of pool

## Resources

American Red Cross. (2016) *Watersafety Instructors Manual with CD-ROM*, Staywell Publishing.

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Napolski, J. (2019) *Teaching Swimming: Fun and Effective Instruction*, Jeffrey Nepolski.

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Kober, P.J. . (2019) *Freestyle Swimming Technique: How to Train Like a Professional*, Pitor J. Kolber.

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## Resources Other

- 1. Booklet: American Red Cross Swimming Lessons Achievement Booklet
- 2. Audio Book: Swimming Made Easy: Beginner and Expert Strategies for Becoming a Better Swimmer (by Ace McCloud)
- 3. Website: <https://www.usms.org/fitness-and-training/articles-and-videos>
- 4. Website: <https://www.usaswimming.org/>

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