

Bemidji State University

PHED 1114: Skills For Life: Beginning Swimming

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course for non-swimmers. Emphasis will be on personal adjustment to the water, basic strokes, and fundamentals of water safety. Liberal Education Goal Area 11.

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Hydrodynamic principles
2. Personal water safety
3. Strokes: American crawl, back crawl, breaststroke, elementary backstroke, and sidestroke
4. Surface dives and water entries
5. Survival skills
6. Under water swimming

D. LEARNING OUTCOMES (General)

1. understand, learn, and demonstrate selected competitive swimming strokes: front crawl, back crawl, breaststroke.
2. understand, learn, and demonstrate basic water skills: floating, gliding, sculling, hydrodynamics.
3. understand, learn, and demonstrate selected survival techniques: treading water, elementary back stroke, sidestroke.
4. understand and experience the benefits of swimming as a lifetime skill.
5. use their newly acquired knowledge by evaluating and correcting a swimming technique.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted