

# 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