

# Bemidji State University

## PHED 1116: Advanced 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 swimmers who can swim in satisfactory form 25 yards of each of the five basic strokes (back crawl, breaststroke, front crawl, elementary backstroke, sidestroke). Emphasis will be on developing and refining thirteen strokes, diving and other advanced aquatic skills. Course leads to American Red Cross Learn to Swim Certification Level 6 - Fitness Swimmer. This course is preparatory for the Water Safety Instructor course.

**B. COURSE EFFECTIVE DATES:** 11/30/2007 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Hydrodynamic principles
2. Overarm stroke: right and left side
3. Personal water safety
4. Sidestroke: right and left side
5. Stroke technique evaluation
6. Strokes: front crawl, butterfly, back crawl, breaststroke, elementary backstroke, and inverted breaststroke
7. Surface dives
8. Trudgen strokes

### D. LEARNING OUTCOMES (General)

1. learn the competitive strokes: breaststroke, front crawl, back crawl, butterfly.
2. demonstrate proficiency in the following related aquatic skills: treading water, floating, surface dives, underwater swimming, front dive off 1-meter board, back dive of 1-meter board.
3. will develop an understanding of hydrodynamic principles and personal water safety.
4. learn the non-competitive strokes: sidestroke right side, sidestroke left side, overarm sidestroke right side, overarm sidestroke left side, single trudgen, double trudgen, trudgen crawl, elementary backstroke, inverted breaststroke.
5. have the opportunity to use their newly acquired knowledge by evaluating and correcting the swimming techniques.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted