

Minnesota State University Moorhead

PE 161: Swimming II

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to improve the aquatic skills of the student by adding to skills learned in the beginning course and improving coordination and stamina.

B. COURSE EFFECTIVE DATES: 03/13/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic water safety skills.
2. Basic and advanced swimming strokes and techniques for springboard diving.

D. LEARNING OUTCOMES (General)

1. Review and demonstrate basic water safety skills and swimming strokes.
2. Demonstrate an efficient butterfly stroke as shown in a skills test.
3. Demonstrate appropriate techniques for springboard diving.
4. Increase swimming endurance through demonstrating increased time in endurance swimming.
5. Demonstrate improvement in basic swimming strokes as shown in a pretest to post swimming test .
6. Develop a swimming program as a weekly fitness activity.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted