

# Minnesota State University Moorhead

## PE 378: Coaching Swimming and Diving

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to teach the skills and knowledge necessary to coach swimming and diving. The course will also cover expectations of officiating score keeping for swimming meets.

**B. COURSE EFFECTIVE DATES:** 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Learn how to increase propulsion and decrease resistance in the water.
2. Discuss the concepts of tapering and how to develop taper workouts.
3. Discuss the physiological responses to swimming and the energy metabolism aspects of swim performance.
4. Discuss the principles of swimming and diving training.
5. Learn how to avoid swimming injuries and overtraining.
6. Learn how to design swimming and diving workouts using available space and equipment.
7. Learn how to develop appropriate strength training and mental training programs for swimmers and divers.
8. Learn how to develop season and daily plans.
9. Learn how to officiate swimming and diving competitions.
10. Learn how to plan for swimming and diving competitions.
11. Learn how to teach flip, open and IM turns and finishes for all races.
12. Learn how to teach forward, back and relay starts.
13. Learn stroke specifics and drills for front crawl, backstroke, breaststroke, and butterfly.
14. Learn the physiological responses to exercise.
15. Observe actual swimming and diving practices and competitions.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted