

# Minnesota State University Moorhead

## PE 160: Swimming I

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed for the student to learn basic water safety skills and knowledge in order to make him/her safe in the aquatic environment.

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

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Review and discuss basic swimming skills.
2. Discuss safety in, on, and around the water.

### D. LEARNING OUTCOMES (General)

1. To learn basic water rescue techniques and safe practices in, on and around the water.
2. To learn fundamental swimming skills such as floating without support.
3. To learn the components and coordination of the front and back crawl strokes.
4. To learn the fundamentals of treading water.
5. To learn safe diving rules and the proper technique for diving from the pool side.
6. To increase the students endurance by swimming familiar strokes for greater distances.
7. To learn the elementary backstroke.
8. To introduce the breaststroke and the sidestroke.
9. To learn basic wall turns.
10. To learn drills to become more proficient in the basic swimming strokes.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted