

COURSE SYLLABUS

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| LAST REVIEW | Spring 2021 |
| COURSE TITLE | Beginning Swimming |
| COURSE NUMBER | EXSC-0132 |
| DIVISION | Math, Science, Business & Technology |
| DEPARTMENT | Exercise Science |
| CIP CODE | 24.0101 |
| CREDIT HOURS | 1 |
| CONTACT HOURS/WEEK | Class: 1 |
| PREREQUISITES | None |
| COURSE PLACEMENT | None |

COURSE DESCRIPTION

This is an introductory course for students to acquire beginning swimming skills. Students will gain skills in buoyancy, support and propulsion, basic backstroke, kick and pull, breathing, glide, sidestroke, crawl stroke and breaststroke.

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

- I. Introduction
 - A. Safety Rules
 - B. Equipment
- II. Buoyancy
 - A. Breath Control
 - B. Body Position
 - C. Relaxation
- III. Support & Propulsion
 - A. Sculling
 - B. Support Kicking
- IV. Backstroke

- A. Arm Pull
- B. Kicking
- C. Turn
- D. Elementary Backstroke
- V. Breathing
 - A. Preparation
 - B. Execution
 - C. Recovery
 - D. Drills
- VI. Sidestroke
 - A. Scissors Kick
 - B. Arm Motion
 - C. Execution
 - D. Land Drills
- VII. Crawl Stroke
 - A. Arm Stroke
 - B. Breathing
 - C. Kick
 - D. Drills
- VIII. Breaststroke
 - A. Arm Pull
 - B. Kick
 - C. Breathing
 - D. Drills
- IX. Diving
 - A. Standing Front Dive
 - B. Drills

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. The student will be able to identify and discuss safety rules related to water safety.
- B. The student will be able to identify basic swimming equipment.
- C. The student will be able to demonstrate buoyancy skills.
- D. The student will demonstrate the swim strokes and dives.

ASSESSMENT OF COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.