



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 240A  
**Descriptive Title:** Beginning Swimming

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course is designed for the beginner swimmer. Instruction and practice will emphasize the fundamentals and stroke mechanics of freestyle, backstroke, elementary backstroke, and sidestroke. Beginning diving skills and treading water along with basic water safety and rescues will be demonstrated and practiced.

*Note: Letter grade or pass/no pass option.*

**Conditions of Enrollment:** *You have no defined requisites.*

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 1.00

**Grading Method:** Both  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992  
**Transfer UC:**  Effective Date: Prior to July 1992

**General Education:**  
**El Camino College:** 5 – Health and Physical Education  
Term: \_\_\_\_\_ Other: \_\_\_\_\_

**CSU GE:** E - Lifelong Understanding and Self-Development  
Term: \_\_\_\_\_ Other: \_\_\_\_\_

**IGETC:** \_\_\_\_\_

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES** (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. SLO #1 Breathing - The student will demonstrate swimming freestyle using correct breathing.
2. SLO #2 Backstroke - The student will demonstrate swimming on their back using either backstroke or elementary backstroke.
3. SLO #3 Pool Safety - The student will demonstrate water safety by jumping into the deep pool and safely getting back to the edge of the pool.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Demonstrate proper stroke mechanics when swimming freestyle, backstroke, elementary backstroke and sidestroke for a minimum distance of 25 yards.  
Performance exams
2. Analyze stroke mechanics and make the necessary corrections for improving swimming techniques.  
Embedded questions
3. Compare and contrast the various types of swimming equipment and accessories used when swimming.  
Embedded questions
4. Demonstrate the proper mechanics when jumping and diving into a swimming pool from the pool deck.  
Performance exams
5. Apply appropriate mechanics to successfully tread water for one minute.  
Performance exams
6. Apply the principles of buoyancy by successfully changing float positions from prone to supine, and visa-versa.  
Performance exams
7. Demonstrate effective water safety skills by reaching or throwing flotation devices to distressed swimmers.  
Performance exams
8. Successfully complete a 100 yard swim, non-stop, in any of the four strokes taught in the course.  
Performance exams

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	6	I	Adjustment to water environment/Safety in the aquatic environment A. Principles of buoyancy B. Prone (stomach) float C. Prone glide

			<ul style="list-style-type: none"> <li>D. Prone glide kick</li> <li>E. Pool safety and basic rescue techniques</li> <li>F. Swimming equipment and accessories</li> </ul>
Lab	12	II	<p>Freestyle stroke</p> <ul style="list-style-type: none"> <li>A. Flutter kick</li> <li>B. Pulling - arms</li> <li>C. Breathing</li> <li>D. Integration</li> <li>E. Transitioning to different body positions</li> </ul>
Lab	8	III	<p>Supine (back) float</p> <ul style="list-style-type: none"> <li>A. Flutter kick on back (supine position)</li> <li>B. Pulling - arms</li> <li>C. Breathing</li> <li>D. Integration</li> <li>E. Transition to different body positions</li> </ul>
Lab	4	IV	<p>Transitioning to different body positions</p> <ul style="list-style-type: none"> <li>A. Streamline/prone/freestyle swimming</li> <li>B. Freestyle/roll over/backstroke</li> <li>C. Freestyle/treadwater/change directions/ freestyle</li> <li>D. Backstroke/roll over/freestyle</li> </ul>
Lab	4	V	<p>Underwater swimming</p> <ul style="list-style-type: none"> <li>A. From the shallow pool/submerge and swim a distance of 3 body lengths underwater</li> <li>B. From the deep pool/push off from side and submerge/ swim underwater for a distance of 3 body lengths/surface without hyperventilating</li> <li>C. Jumping into the deep pool/ submerge/swim underwater for a distance of 3 body lengths/surface and get to the side of the pool</li> </ul>
Lab	4	VI	<p>Elementary backstroke</p> <ul style="list-style-type: none"> <li>A. Kicking - legs</li> <li>B. Pulling - arms</li> <li>C. Integration</li> </ul>
Lab	8	VII	<p>Sidestroke</p> <ul style="list-style-type: none"> <li>A. Kicking - legs</li> <li>B. Pulling - arms</li> <li>C. Integration</li> </ul>
Lab	4	VIII	<p>Analysis of Swimming Strokes</p> <ul style="list-style-type: none"> <li>A. Individual viewing and analysis of swimming strokes</li> <li>B. Group analysis of swimming strokes</li> <li>C. Implementation of recommended changes needed</li> </ul>
Lab	2	IX	<p>Treading Water Techniques</p> <ul style="list-style-type: none"> <li>A. Kicking variations</li> <li>B. Arms</li> <li>C. Integration</li> </ul>
Lab	2	X	<p>Entering The Water Safely</p>

			A. Jump - feet first B. Dive - head first C. Walking - Ocean/lake entry
<b>Total Lecture Hours</b>	0		
<b>Total Laboratory Hours</b>	54		
<b>Total Hours</b>	54		

#### **IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS**

##### **A. PRIMARY METHOD OF EVALUATION:**

Skills demonstrations

##### **B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:**

Using the principles of buoyancy, adjust your body position from a prone to a supine floating position and demonstrate for the instructor.

##### **C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:**

1. After reviewing and analyzing a video tape of your stroke mechanics, orally describe and demonstrate to the instructor improvements to swim more efficiently.
2. Demonstrate to the instructor an energy efficient combination of strokes that will allow you to perform a 10 minute swim.

##### **D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Performance exams

Class Performance

#### **V. INSTRUCTIONAL METHODS**

Demonstration

Discussion

Group Activities

Laboratory

Lecture

Multimedia presentations

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

#### **VI. WORK OUTSIDE OF CLASS**

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

**Estimated Independent Study Hours per Week: 0**

**VII. TEXTS AND MATERIALS**

**A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**

Ernest W. Maglischo, . Swim Fastest. Human Kinetics, 2003.  
Qualifier Text: Discipline Standard,

**B. ALTERNATIVE TEXTBOOKS**

**C. REQUIRED SUPPLEMENTARY READINGS**

Handouts on stroke mechanics

**D. OTHER REQUIRED MATERIALS**

Swimsuit  
Goggles  
Swim Cap (if hair is longer than 3 inches)  
Towel

**VIII. CONDITIONS OF ENROLLMENT**

**A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

Requisites	Category and Justification
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**B. Requisite Skills**

Requisite Skills
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**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
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**D. Recommended Skills**

Recommended Skills
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**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Harry Perry on 09/01/1978.

**BOARD APPROVAL DATE:**

**LAST BOARD APPROVAL DATE: 02/21/2017**

**Last Reviewed and/or Revised by Traci Granger on 10/12/2016**