

Common Course Outline

PEAQ 102

Swimming Level III

1 Credit

The Community College of Baltimore County

Description

PEAQ 102 – 1 credit – Swimming Level III emphasizes the advancement of swimming skills, refinement of strokes, and attainment of endurance for competitive level swimming. Swimming Level III is designed for advanced level swimmers who have completed Swimming Level II or equivalent skills. Students must demonstrate the ability to swim 100 yards in good form using competitive strokes.

1 Credits: 2 hours of lecture directed activity

Pre-requisite: the ability to swim 100 yards in good form using competitive strokes

Overall Course Objectives

Upon completion of this course students will be able to:

1. demonstrate the front crawl, back crawl, breaststroke, and side stroke, using proper technique, for a distance of 100 yards;
2. demonstrate the butterfly, using proper technique, for a distance of 25 yards;
3. tread water for 5 minutes;
4. complete a 20 minute continuous swim;
5. identify parts of a stroke and stroke mechanics;
6. demonstrate proficiency in other aquatic skills such as turns and dives;
7. demonstrate knowledge of hydrodynamic principles;
8. demonstrate knowledge of training techniques; and
9. demonstrate knowledge of the history and rules of competitive swimming.

Major Topics

- I. Competitive strokes
 - A. Front crawl
 - B. Back crawl
 - C. Breaststroke
 - D. Butterfly
- II. Recreational strokes
 - A. Sidestroke
 - B. Elementary backstroke
- III. Water entries
 - A. Dives
 - B. Jumps

- IV. Training techniques
 - A. Aerobic
 - B. Anaerobic
 - C. Training aids
- V. Hydrodynamic principles
 - A. Buoyancy
 - B. Drag
 - C. Lift
 - D. Propulsion
- VI. History of aquatics and competitive swimming

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

- Written evaluation (exam, paper, analysis, etc.) at the discretion of the instructor
- Attendance and participation
- Competency evaluation (distance swim, skill evaluation, stroke analysis, etc.) at the discretion of the instructor.

Written Assignments: Students are required to utilize appropriate academic resources.

Other Course Information

This course is an elective course held in the pool. Attendance and participation in all portions of the class are essential to the successful completion of the course objectives. Appropriate aquatic apparel required.