

# **Common Course Outline**

## **PEAQ 125**

### **Introductory Swimming**

**2 Credits**

## **Community College of Baltimore County**

### **Description**

**PEAQ 125 – Introductory Swimming** emphasizes fundamental skills in water comfort and moving through the water; includes techniques for physical and mental adjustment to the water, basic swimming strokes, fundamental entry skills, and simple water safety rules and rescues.

**2 Credits**

### **Overall Course Objectives**

Upon completion of this course students will be able to:

1. demonstrate a comfort level moving in the water;
2. modify breathing in response to different body positions, effort level, and added pressure;
3. assess buoyancy and adjust body position as appropriate;
4. relax while in a floating position on front and back;
5. propel self in both prone and supine positions;
6. combine arm and leg movements;
7. enter water safely and efficiently from the edge of deck or dock; and
8. display personal safety skills.

### **Major Topics**

- I. Effects of buoyancy
- II. Rhythmic breathing
- III. Front and back flutter kick
- IV. Front and back crawl
- V. Leveling off
- VI. Turning over
- VII. Jumping into deep water
- VIII. Elementary back stroke
- IX. Survival floating

### **Course Requirements**

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

### **Grading/exams**

- A minimum of one written exam
- Attendance and participation
- A minimum of one assessment of aquatic skills

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

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