

# **Common Course Outline**

## **PEAQ 126**

### **Intermediate Swimming**

**2 Credits**

## **Community College of Baltimore County**

### **Description**

**PEAQ 126 – Intermediate Swimming** is designed for the student wishing to improve the fundamental skills taught in the Introductory swimming course. Refinements are made in the execution of the crawl and elementary backstrokes. More advanced swim strokes and kicks are introduced, in addition to more advanced water skills.

### **2 Credits**

### **Overall Course Objectives**

Upon completion of this course students will be able to:

1. develop proper breathing techniques for the front crawl stroke;
2. improve efficiency in the front crawl, back crawl, elementary backstroke, and side stroke with scissor kick;
3. refine the coordination of the breast stroke and breast stroke kick;
4. integrate open turns into the strokes;
5. identify the modifications necessary for underwater swimming;
6. demonstrate the dolphin kick; and
7. perform basic diving techniques.

### **Major Topics**

- I. Breast stroke coordination
- II. Surface diving
- III. Survival floating
- IV. Treading water
- V. Side stroke with scissor kick
- VI. Underwater swimming and dolphin kick
- VII. Standing dive
- VIII. Basic competitive swim turns

### **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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