

# **Common Course Outline**

## **PEAQ 127**

### **Advanced Swimming**

**2 Credits**

## **Community College of Baltimore County**

### **Description**

**PEAQ 127 – Advanced Swimming** develops the student’s level of proficiency in fundamental swimming strokes. The course provides intensive practice of the elementary backstroke, breast stroke, side stroke, and crawl stroke. Students develop comfort at all reasonable water depths, are introduced to and refine the butterfly stroke, and swim increased distances.

**2 Credits**

### **Overall Course Objectives**

Upon completion of this course students will be able to:

1. discuss the relationship between glide, recovery, propulsion, and breathing used in swimming;
2. analyze the basic swimming strokes;
3. assess and describe buoyance, resistance, glide, propulsion, recovery, and other terminology used in swimming;
4. perform basic diving techniques;
5. develop speed and endurance through applied technique refinements;
6. create and understand the basics of an efficient swimming workout program;
7. integrate competitive swim strokes and turns;
8. identify swimming fitness benefits; and
9. promote good lifetime fitness habits.

### **Major Topics**

- I. Front crawl, back crawl, breast stroke, elementary backstroke, and side stroke
- II. Butterfly stroke
- III. Tuck and pike surface dives
- IV. Alternate kicks for treading water
- V. Flip turns
- VI. Springboard diving

### **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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