

PEAQ 143

Swimming for Total Fitness

2 Credits

Community College of Baltimore County
Common Course Outline

Description

PEAQ 143 – Swimming for Total Fitness: Provides exercise for the proficient swimmer; emphasize distance swimming, aquatic exercises, training methodology and stroke techniques. Includes a self-analysis of physical fitness, the establishment of personal goals and aerobic swimming to raise fitness levels.

Pre-requisites: PEAQ 125 or permission of department chairperson. This course may be used to fulfill 2 elective credits

Overall Course Objectives

Upon completion of this course, students will be able to:

1. Identify the cardiovascular training effects of aerobic swimming;
2. Apply the principles of frequency, duration, and intensity to an aerobic swimming program;
3. Develop the health-related components of physical fitness;
4. Identify the types of exercise that stimulates the cardiovascular system;
5. Analyze the various phases of the following swimming strokes: crawl stroke, backstroke, elementary backstroke, sidestroke, and breaststroke;
6. Identify and utilize the following training and conditioning methods: interval training, reception training, over-distance training and sprint training;
7. Execute effective turns that will enable the student to swim longer distances;
8. Identify the following training terminology: warm-up, cool down, cross training, hard-easy method, LDS, and peace training;
9. Explain the lifetime health and fitness benefit of a proactive aerobic swimming program; and
10. Demonstrate a good level of physical fitness at the completion of the course.

Major Topics

- I. Components of fitness
- II. Cardiovascular training effects
- III. Stroke analysis
- IV. Training and conditioning methods
- V. Aerobic/anaerobic conditioning
- VI. Principles of training
- VII. Training terminology
- VIII. Exercise guidelines and precautions
- IX. Starts and turns

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

X. Water safety

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- A minimum of one written or skill exam
- Completion of a fitness journal
- A pre and post profile assessment based upon age and gender

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.

Date Revised: 10/25/2002