

PEMJ 100

Swimming Level 1

1 Credit

Community College of Baltimore County
Common Course Outline

Description

PEMJ 100 – Swimming Level 1: Provides a basic introduction to elementary swimming skills for physical education majors who are non-swimmers and/or those who cannot swim 25 yards; also introduces various teaching methodologies.

Overall Course Objectives

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

1. Perform basic non-swimming rescue skills;
2. Perform a basic swimming readiness skills including floats, glides, breathing and flutter kicking;
3. Perform the elementary backstroke, using the proper techniques, for 25 yards;
4. Perform the front crawl stroke, using proper techniques, for 25 yards;
5. Demonstrate knowledge of the physical laws governing aquatic activities and strokes;
6. Describe basic safety rules for a variety of aquatic experiences; and
7. Describe the fundamental parts of a stroke.

Major Topics

- I. Water safety and rules that apply to insure safe aquatic participation
- II. Basic water competency skills including floating, gliding, breathing, flutter kicking and finning/sculling
- III. Parts of a stroke including the power phase of arm stroke and kick, recover phase, and glide phase
- IV. Elementary backstroke
- V. Front crawl stroke
- VI. Water entries including jumps and the basic dive
- VII. Turning over and changing direction
- VIII. History of aquatic activities and competitive swimming
- IX. Physical laws governing water activities including drag, lift, and buoyancy

Course Requirements

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

- Written exam and quizzes
- Skills tests
- Technique evaluation

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

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

This course is designed for physical education majors.

Attendance and participation in all portions of the class is essential to the successful completion of the course objectives.

Date Revised: 6/1/2021

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