

# **PEAQ/PEMJ 100**

## **Swimming Level I**

1 Credit

Community College of Baltimore County  
Common Course Outline

### **Description**

**PEAQ/PEMJ 100 – Swimming Level I:** introduces students to elementary swimming skills, water safety, and survival swimming to non-swimmers or those who cannot swim 25 yards. Emphasis is placed on basic stroke techniques and elements of water safety. NOTE: PEAQ 100 is the same as PEMJ 100. Earn credit for one only.

### **Overall Course Objectives**

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

1. Perform basic readiness skills including floats, glides, breathing, and kicking;
2. Perform the elementary backstroke for 25 yards using proper technique;
3. Perform the front crawl for 25 yards using proper technique;
4. Recognize the hydrodynamic principles governing aquatic activities and strokes;
5. Explain basic aquatic safety rules;
6. Describe the fundamental parts of each stroke; and
7. Perform basic non-swimming rescues.

### **Major Topics**

- I. Water safety
  - a. Personal safety
  - b. Environmental safety
- II. Basic water competencies
  - a. Floating
  - b. Gliding
  - c. Breathing
  - d. Kicking
- III. Parts of a stroke
  - a. Pull
  - b. Kick
  - c. Recovery
  - d. Glide
- IV. Strokes
  - a. Elementary backstroke
  - b. Front crawl
- V. Water Entries
- VI. Hydrodynamic laws
  - a. Drag
  - b. Lift
  - c. Propulsion

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

## VII. History of aquatics and competitive swimming

### **Course Requirements**

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

- One written exam
- Attendance and participation
- Competency evaluations (safety skills and stroke analysis)

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 is a physical activity course and proper attire for swimming is required.

Date Revised: 4/5/2022