

# **PEAQ 101**

## **Swimming Level II**

1 Credit

Community College of Baltimore County  
Common Course Outline

### **Description**

**PEAQ 101 – Swimming Level II:** covers intermediate aquatics skills, competitive swimming strokes, water safety, and fitness concepts.

**Pre-requisites:** the ability to swim 50 yards or the successful completion of Swimming Level I.

### **Overall Course Objectives**

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

1. demonstrate front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke using proper technique for 50 yards;
2. identify parts of a stroke and stroke mechanics;
3. tread water for two minutes;
4. swim 300 yards continuously;
5. retrieve a ten pound weight from the bottom of the pool;
6. demonstrate understanding of hydrodynamic laws governing water activities and strokes;
7. demonstrate proficiency in aquatic turns and dives;
8. demonstrate knowledge of water safety; and
9. explain training techniques to improve aquatics ability.

### **Major Topics**

- I. Competitive strokes
  - a. Front crawl
  - b. Back crawl
  - c. Breaststroke
- II. Recreational strokes
  - a. Sidestroke
  - b. Elementary backstroke
- III. Water entries
  - a. Dives
  - b. Jumps
- IV. Water safety skills
  - a. Non-swimming rescues
  - b. Surface dives
  - c. Treading water
- V. Training techniques

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

- a. Aerobic conditioning
- b. Anaerobic conditioning
- VI. Hydrodynamic principles
  - a. Buoyancy
  - b. Drag
  - c. Lift
  - d. Propulsion
- 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:

- written evaluation (exam, paper, or analysis)
- attendance and participation
- competency evaluation (stroke analysis, distance swim, and safety skill 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.

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