

PEAQ 102

Swimming Level III

1 Credit

Community College of Baltimore County
Common Course Outline

Description

PEAQ 102 – Swimming Level III: emphasizes the advancement of swimming skills, refinement of strokes, and attainment of endurance for competitive swimming. Swimming Level III is designed for advanced level swimmers.

Pre-requisites: the ability to swim 100 yards in good form using competitive strokes or the successful completion of PEAQ 101.

Overall Course Objectives

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

1. demonstrate the front crawl, back crawl, breaststroke, and sidestroke using proper technique for 100 yards;
2. demonstrate the butterfly using proper technique for 25 yards;
3. tread water for five minutes;
4. complete a 20 minute continuous swim;
5. identify parts of a stroke and stroke mechanics;
6. demonstrate proficiency in aquatic turns and dives;
7. demonstrate understanding of hydrodynamic principles;
8. apply training techniques; and
9. demonstrate knowledge of the history and rules of competitive swimming.

Major Topics

- I. Competitive strokes
 - a. Front crawl
 - b. Back crawl
 - c. Breaststroke
 - d. Butterfly
- II. Recreational strokes
 - a. Sidestroke
 - b. Elementary backstroke
- III. Water entries
 - a. Dives
 - b. Jumps
- IV. Training techniques
 - a. Aerobic
 - b. Anaerobic
 - c. Training Aids

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

For more information, see your professor's syllabus.

- V. Hydrodynamic principles
 - a. Buoyancy
 - b. Drag
 - c. Lift
 - d. Propulsion
- VI. 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 (distance swim, skill evaluation, 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: 5/3/2022