

PEAQ 125
Introductory Swimming
2 credits

Community College of Baltimore County
Common Course Outline

Description

PEAQ 125 – Introductory Swimming: emphasizes fundamental skills in water comfort and moving through the water; includes techniques for physical and mental adjustment to the water, and fundamental water entry skills for non-swimmers. Introductory swimming emphasis is on basic swimming strokes, water safety and rescues.

Overall Course Objectives

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

1. demonstrate a comfort level moving in the water;
2. modify breathing in response to different body positions, effort level, and added pressure;;
3. assess buoyancy and adjust body position as appropriate;;
4. relax while in a floating position on front and back;
5. propel self in both prone and supine positions;
6. combine arm and leg movements;;
7. enter water safely and efficiently from the edge of deck or dock; and
8. demonstrate personal safety skills.

Major Topics

- I. Effects of buoyancy
- II. Rhythmic breathing
- III. Front and back flutter kick
- IV. Front and back crawl
- V. Leveling off
- VI. Turning over
- VII. Jumping into deep water
- VIII. Elementary back stroke
- IX. Survival floating

Course Requirements

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

- Two Written evaluations (exam, paper, analysis) at the discretion of the instructor
- Attendance and participation

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

- Two assessments of aquatic skills to include safety skills, stroke analysis, and water competencies

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: 4/25/2022