

PEAQ 126

Intermediate Swimming

2 Credits

Community College of Baltimore County
Common Course Outline

Description

PEAQ 126 – Intermediate Swimming – is designed for the student who have completed either PEAQ 125 or PEAQ 100 and/or who can swim a distance of 50 yards. Intermediate Swimming improves the fundamental skills taught in the Introductory swimming course, refinements are made in the execution of the crawl and elementary backstrokes. More advanced swim strokes and kicks are introduced, in addition to more advanced water skills.

Pre-requisites: the ability to swim 50- yards or the successful completion of either Swimming Level 1 PEAQ 100 or Introductory Swimming PEAQ 125

Overall Course Objectives

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

1. develop proper breathing techniques for the front crawl stroke;
2. improve efficiency in the front crawl, back crawl, elementary backstroke, and side stroke with scissor kick;;
3. refine the coordination of the breast stroke and breast stroke kick;;
4. integrate open turns into the strokes;;
5. identify the modifications necessary for underwater swimming;;
6. demonstrate the dolphin kick; and;
7. perform basic diving techniques.

Major Topics

- I. Breast stroke coordination
- II. Surface diving
- III. Survival floating
- IV. Treading water
- V. Side stroke with scissor kick
- VI. Underwater swimming and dolphin kick
- VII. Standing dive
- VIII. Basic competitive swim turns

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

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

For more information, see your professor's syllabus.

- Attendance and participation
- 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