PEAQ 127
Advanced Swimming
2 Credits

Community College of Baltimore County
Common Course Outline

Description

PEAQ 127 – Advanced Swimming: develops the student's level of proficiency in fundamental swimming strokes. Students practice the elementary backstroke, breast stroke, side stroke, and crawl stroke. Students develop comfort at all reasonable water depths, are introduced to and refine the butterfly stroke, and swim increased distances to attain cardiovascular endurance for competitive swimming. Advanced swimming is designed for swimmers who have completed either PEAQ 102 or PEAQ 126 or the ability to swim 100 yards.

Pre-requisites: the ability to swim 100 yards in good form using competitive strokes or the successful completion of either PEAQ 102 or PEAQ 126.

Overall Course Objectives

Upon completion of this course, students will be able to:
1. discuss the relationship between glide, recovery, propulsion, and breathing used in swimming;
2. analyze the basic swimming strokes;
3. recognize buoyance, resistance, glide, propulsion, recovery, and other terminology used in swimming;
4. perform basic diving techniques;
5. develop speed and endurance through applied technique refinements;
6. create an efficient swimming workout program;
7. integrate competitive swim strokes and turns;
8. identify swimming fitness benefits and;
9. promote good lifetime fitness habits.

Major Topics

  I. Front crawl, back crawl, breast stroke, elementary backstroke, and side stroke
 II. Butterfly stroke
III. Tuck and pike surface dives
IV. Alternate kicks for treading water
 V. Flip turns
VI. Diving from side of pool
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:

- Two written evaluations (exam, paper, analysis) at the discretion of the instructor
- Attendance and participation
- Two competency assessments of aquatic skills to include distance swimming, 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.

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