I. Description of Course:
   1. Department/Course: PE - 350B3
   2. Title: Beginning Swimming
   3. Cross Reference:
   4. Units: 1
      Lec Hrs: 3
      Lab Hrs: 3
      Tot Hrs: 54.00
   5. Repeatability: No
   6. Grade Options: Letter Grade, May Petition for Pass/No Pass (GC)
   7. Degree/Applicability: Credit, Degree Applicable, Transferable - CSU (T)
   8. General Education:
   9. Field Trips: Not Required
   10. Requisites:
      Advisory
      Medical check within the last year

12. Catalog Description:
    This is a beginning level course designed to teach fundamental swimming skills.
    Emphasis will be on the four competitive swimming strokes: butterfly, backstroke,
    breaststroke, and freestyle. Students will also learn basic water safety methods.

13. Class Schedule Description:
    In this class the students will be introduced to the four competitive swimming strokes
    and basic water safety methods.

14. Counselor Information:
    This course is being created to allow students who have just learned to swim the ability
    to participate in a class that is introducing fundamentals of competitive swimming
    strokes and providing them an opportunity to learn and refine those skills with practice
    and instructor feedback. This course is applicable to the GE Plan A Area V Physical
    Education requirement.

II. Student Learning Outcomes
    The student will:
    1. Perform the freestyle, backstroke, breaststroke, and butterfly strokes with rhythmic
       breathing for twenty-five yards.
    2. Demonstrate a knowledge of basic water safety techniques.

III. Course Content:
    A. Basic Water Safety
       1. Open water survival skills.
       2. Knowing when and where to dive.
       3. Understanding the causes of underwater blackout.

    B. Freestyle
1. Arm and leg movements.
2. Rhythmic breathing.
3. Head and body position

C. Backstroke
   1. Arm and leg movements.
   2. Head and body position.

D. Breaststroke
   1. Arm and leg movements.
   2. Rhythmic breathing.
   3. Head and body position.

E. Butterfly
   1. Arm and leg movements.
   2. Rhythmic breathing.
   3. Head and body position.

IV. Course Assignments:
   A. Reading Assignments
      1. Selected readings from assigned text.
   B. Projects, Activities, and other Assignments
      1. Practice competitive stroke skills (freestyle, backstroke, breaststroke and butterfly).
   C. Writing Assignments
      1. Written self-evaluation based on pre- and post- skill assessments.

V. Methods of Evaluation:
   A. Instructor observation and evaluation of students' skills during a 25 yard swim and based on stroke rubric. (SLO 1)
   B. Written self-evaluation of skills. (SLO 1)
   C. Multiple choice exam will be used to assess water safety understanding, proper skill mechanics for each competitive stroke, and survival skills. (SLO 2)

VI. Methods of Instruction:
   A. Laboratory
   B. Discussion
   C. Demonstration
   D. Audiovisual
   E. Collaborative Learning

VII. Textbooks:
Recommended


Supplemental

VIII. Supplies:

A. 1. All students must wear proper swim attire. Goggles, a bathing cap and towel are all highly recommended.

Approval Date:
CCC Number:
TOP Codes:
   0835.10
C-ID Number: