Bemidji State University

PHED 1114: Skills For Life: Beginning Swimming

A. COURSE DESCRIPTION
   Credits: 1
   Lecture Hours/Week: 0
   Lab Hours/Week: 0
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   An activity course for non-swimmers. Emphasis will be on personal adjustment to the water, basic strokes, and fundamentals of water safety. BSU Focus: Performance and Participation.

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Hydrodynamic principles
   2. Personal water safety
   3. Strokes: American crawl, back crawl, breaststroke, elementary backstroke, and sidestroke
   4. Surface dives and water entries
   5. Survival skills
   6. Under water swimming

D. LEARNING OUTCOMES (General)
   1. understand, learn, and demonstrate selected competitive swimming strokes: front crawl, back crawl, breaststroke.
   2. understand, learn, and demonstrate basic water skills: floating, gliding, sculling, hydrodynamics.
   3. understand, learn, and demonstrate selected survival techniques: treading water, elementary back stroke, sidestroke.
   4. understand and experience the benefits of swimming as a lifetime skill.
   5. use their newly acquired knowledge by evaluating and correcting a swimming technique.
   6. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
   7. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
   8. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted