

# Bemidji State University

## PHED 1115: Intermediate Swimming

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course for swimmers who have the ability to jump into deep water, swim a front stroke 25 yards, and swim on the back 25 yards. Emphasis will be on five basic strokes, elementary diving, and related aquatic skills. Course may lead to American Red Cross Learn to Swim Certification Level 4 or 5. May not be offered every year.

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

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic survival skills
2. Diving: surface, springboard
3. Hydrodynamic principles
4. Personal water safety
5. Stokes: front and back crawl, breaststroke, elementary backstroke, sidestroke, overarm sidestroke, and butterfly
6. Stroke technique evaluation
7. Underwater swimming

### D. LEARNING OUTCOMES (General)

1. enhance their understanding and knowledge survival and non-competitive strokes: elementary backstroke, different sidestrokes.
2. evaluate and correct the swimming technique other swimmers.
3. provide an understanding of hydrodynamic principles and water safety.
4. enhance their understanding and knowledge of all competitive swimming strokes: butterfly, back crawl, breaststroke, front crawl.
5. improve distance swimming ability.
6. improve swimming skills of all competitive strokes: butterfly, back crawl, breaststroke, front crawl.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted