Bemidji State University

PHED 1115: Skills for Life: Intermediate 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 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 seven basic strokes, elementary diving, and related aquatic skills. Prerequisite(s): Being able to jump into deep water, swim a front stroke 25 yards, and swim on the back 25 yards. [BSU Focus: Performance and Participation.]

B. COURSE EFFECTIVE DATES: 08/02/2023 - 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. develop an understanding of hydrodynamic principles and water safety.
2. demonstrate proficiency in the following related aquatic skills: treading water, floating, surface dives, underwater swimming, front dive off 1-meter board.
3. enhance their understanding and knowledge the following swimming strokes and demonstrate proficiency in them: competitive strokes: butterfly, back crawl, breaststroke, front crawl, back crawl, butterfly.
4. enhance their understanding and knowledge the following swimming strokes and demonstrate proficiency in them: non-competitive strokes: sidestroke, elementary backstroke.
5. evaluate and correct the swimming technique other swimmers.
6. improve distance swimming ability.
7. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
8. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
9. 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