

HHPA 174 : SWIMMING I-SWIM FITNESS AND TECHNIQUE

Transcript title

Swimming I-Swim Fit and Tech

Credits

1

Grade mode

Standard letter grades

Contact hours total

30

Other hours

30

Description

Swim Fitness and Technique helps student feel safe and comfortable in the water for at least ten minutes at a time, incorporating and refining swimming strokes.

Learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of swimming to develop overall physical fitness and enhance sport activities.
3. Improve swim stroke and efficiency in the water using various methods such as crawl stroke, butterfly, back stroke and breast stroke.

Content outline

Swimming assessment
Dry land preparation
Floating, front and back
Back stroke
Basic front crawl stroke
Front crawl stroke
Breaststroke swimming
Butterfly techniques
Swim one mile

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

Grading methods

This course will include attendance in the grading and may include written work, quizzes, journal projects and other assignments.

General education/Related instruction lists

- Health