

# HHPA 176 : MASTERS SWIMMING

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## Transcript title

Masters Swimming

## Credits

1

## Grade mode

Standard letter grades

## Contact hours total

30

## Other hours

30

## Description

Designed to strengthen swimming stroke skills to the advanced level. Introduces advanced concepts of fitness swimming. Prepares students for a lifetime of participation in swimming and racing if desired. Students will attend organized masters swim team practices. Previous swimming experience expected.

## 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. Enhance and maintain competitive swimming skills in preparation for competitive swims in pool swim meets or open water.
4. Improve on learned swimming skills and introduce advanced skills used in training to use as a lifelong skill and exercise activity.

## Content outline

Intro to master swimming and assessment  
Front crawl stroke  
Back crawl stroke  
Butterfly stroke  
Swimming pool lengths  
Intro to front and back and turns  
Diving

## 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