

# HHPA 177 : SWIMMING FUNDAMENTALS

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## Transcript title

Swimming Fundamentals

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Basic swim instruction for individuals with limited to no swim experience. Learn basic swim skills (floating, breathing techniques, and flutter kicking), swimming theory concepts and strokes (front and back crawl and breaststroke) at your own pace.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of beginning swimming to develop overall physical fitness and enhance sport activities.
3. Demonstrate the fundamentals of swimming effectively with proper body position and propulsion.
4. Maintain swimming as a lifelong skill.

## Content outline

- Dry land preparation and swimming assessment
- Floating, front and back
- Front crawl stroke
- Basic front crawl stroke
- Introduction to back crawl stroke
- Introduction to turns, front and back
- Swimming for fitness and swimming longer distance practices
- Introduction to breaststroke and breaststroke swimming
- Introduction to butterfly
- Swim one mile continuously

## Required materials

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

## General education/Related instruction lists

- Health