

PALOMAR COLLEGE  
COURSE OUTLINE OF RECORD FOR  
DEGREE CREDIT COURSE

Transfer course     A.A. degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** PE 135 Beginning Swimming

**UNIT VALUE:** 1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS**

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Basic swimming strokes with an emphasis on skill development.

**SPECIFIC COURSE OBJECTIVES:**

The successful student will:

1. identify and apply principles of proper body mechanics in the front crawl, back crawl, breaststroke, butterfly, sidestroke, elementary backstroke and treading water.
3. evaluate skill development by observation and practical testing.
4. demonstrate the skills of water survival.
5. identify current water safety techniques and swimming etiquette.
6. explain the benefits of a lifetime fitness program.
7. identify emergency situations and the correct responses.

1. Physical and mental adjustment to water
  - a. wading and submerging
  - b. mouth breathing
  - c. breath holding beneath surface
  - d. bobbing and rhythmic breathing
2. Buoyancy and body position
  - a. prone float
  - b. back float
  - c. rhythmic breathing
  - d. kicking on front and back
3. Propulsion and coordinated stroking
4. Entries into water
5. Personal safety
6. Evaluation - Red Cross checklist of beginning swim skills

**REQUIRED READING:**

Instructor generated handouts based on American Red Cross swimming and water safety standards.

**SUGGESTED READING:**

None

**REQUIRED WRITING:**

Demonstration of basic swimming skills is more appropriate.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Read and study handouts, lecture notes, and text. Practice skills, study for exams, analyze training videos, and attend local swim meets.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No .

**If yes, check all that apply.** (See guidelines for preparation for definitions.)

- telecourse
- mediated instruction
- computer assisted instruction

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation	50%
Red Cross beginning swim test	30%
Skill improvement	20%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes   X   No        Number of times course may be taken for credit:   4  .

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161(c) (2) (A) and (B)

**CONTACT PERSON:** Stan Crouch                      Extension 2480