

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 232 Teaching 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:**

Techniques for teaching swimming. Practical experience teaching beginning and intermediate swimming classes under supervision of college instructor.

**SPECIFIC COURSE OBJECTIVES:**

The successful student will:

1. evaluate and teach principles of proper body mechanics.
2. analyze swim skills and give positive corrective feedback to students.
3. demonstrate swimming techniques.
4. explain and demonstrate proper teaching techniques in a variety of situations.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

I. Skills for teaching:

- A. Classroom setup
- B. Presentation style
- D. Lesson preparation
- E. Motivational techniques

II. Teaching beginning swimming:

- A. Physical and mental adjustment to water
  - 1. wading and submerging
  - 2. mouth breathing
  - 3. breath holding beneath surface
  - 4. bobbing and rhythmic breathing
- B. Buoyancy and body positions
  - 1. prone float
  - 2. back float
  - 3. rhythmic breathing
  - 4. kicking front/back
- C. Propulsion and coordinated stroking
- D. Entry into water
- E. Personal safety
- F. Evaluation process, Red Cross check list of beginning swim skills

III. Teaching intermediate swimming:

- A. Kicks
  - 1. crawl
  - 2. scissors
  - 3. breaststroke kick
  - 4. dolphin
  - 5. back-crawl
- B. Arm strokes
  - 1. crawl
  - 2. back-crawl
  - 3. sidestroke
  - 4. breaststroke
  - 5. butterfly
  - 6. elementary backstroke
- C. Coordinated strokes (arms and kicks)
  - 1. crawl
  - 2. back-crawl
  - 3. sidestroke
  - 4. breaststroke
  - 5. butterfly
  - 6. elementary backstroke
- D. Turns
  - 1. open front and back
  - 2. front flip
  - 3. backflip

- E. Training techniques and workout design
  - 1. warm up and stretching
  - 2. distance and endurance
  - 3. sprint and speed
  - 4. cool down
- F. Basic diving skills
- G. Basic survival and rescue skills

**REQUIRED READING:**

Red Cross curriculum for various levels of swimming.

American National Red Cross. Swimming and Diving. New York: Mosby Yearbook, 1996,

**SUGGESTED READING:**

Fitness Swimmer. 101 Fitness Swimming Secrets. Emmaus, PA: Fitness Swimmer, 1995.

Fitness Swimmer. The Aquatic Lifestyle Magazine.

**REQUIRED WRITING:**

Develop an eight-week lesson plan (minimum four pages).

**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, and study for exams.

**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):

- 35% - Classroom management
- 35% - Lesson plan presentation
- 30% - Red Cross examination

**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:**

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