



Upon successful completion of the course, the student will be able to:

SLO1. Demonstrate improvement in their swim strength and endurance.

SLO2. Improve their technique and coordination utilizing kick, pull and swim drills to control specific elements of each stroke.

SLO3. Increase aerobic fitness.

SLO4. Coordinate and structure an individualized swim workout program.

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. If this is the case, please simply indicate this in this section).*

Course objectives will be the same as the student learning outcomes.

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, you may attach a sample course syllabus with a timeline.)

I. Introduction

- a. Review of class and attendance requirements
- b. Review of open swim times and pool rules
- c. Review of swim strokes and sample swim set

II. Fundamentals and Stroke Development

- a. Drills to isolate elements of each stroke
- b. Kick and pull to focus on upper and lower body
- c. Conditioning and sprint exercises to control and develop various swim speeds

III. Swim Equipment Training

- a. Kick boards
- b. Paddles, pull bouys and tennis balls
- c. Stretch Chords and fins

IV. Swim Workout Design

- a. Warm up
- b. Main swim sets: aerobic and anaerobic
- c. Warm down

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Include examples of out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills.)

1. Demonstration of all swim strokes.
2. Lectures on swim topics and pool practice sessions.
3. Group discussions on practice techniques.
4. Design of swim workout programs to fit individual needs.

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

1. Evaluation of swim strength and endurance via timed swims throughout semester.
2. Evaluation of swim technique and coordination via pre and post testing of student.
3. Students will submit a sample swim workout based on their needs and ability.

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Instructor handouts

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Submission Date: \_\_\_\_\_