



**COURSE SYLLABUS**  
**Department Approved 2/10/99**  
**College Council Approved 2/18/99**

**Department:** Physical Education

**Course No.:** AT103

**Title of Course:** Swimming

**New:** Fall, 1999

**I. Course Description:**

An individualized course that allows development and improvement of swimming skills from non-swimmer to advanced levels. (1)

**II. Prerequisite:** None

**III. Objectives of the Course:**

- A. Student will develop and improve basic swimming skills.
- B. Student will demonstrate water safety awareness and develop water safety skills.

**IV. Expectations of the Students:**

- A. Participate regularly in class sessions
- B. Observe pool rules
- C. Set realistic goals to improve swimming skills based upon initial and continued instructor and self-evaluation.
- D. Have a quality work ethic and desire to improve overall swimming ability.

**V. Course Outline:**

**Hours**

- A. Introduction 1
  - 1. Explanation of pool rules and the objectives and expectations of the course.
  - 2. Class procedures.
  - 3. Explanation of evaluation system.
  
- B. Initial instructor evaluation of swimming skills and setting of individual goals. 4

C.	Water safety awareness and development of safety skills.	4
D.	Participation/Practice of swimming skills based upon initial and continuing instructor and self-evaluations.	<u>21</u>
	<b>TOTAL</b>	<b>30</b>

**V. Basis for Student Evaluation**

A.	Class participation	55%
B.	Skill improvement	45%

**VI. Textbooks:**

**Required:** None

**Recommended:**

The American National Red Cross (1992). Swimming and Diving. St. Louis, MO: Mosby Yearbook