I. OVERVIEW
The following information will appear in the 2012 - 2013 catalog

PEC 168  Beginning Swimming  1 Unit

Recommended for Success: Before enrolling in this course, students are strongly advised to have the ability to enter shallow water.

Basic skills of floating, breathing, kicking, pulling, using arms and legs.

Four Maximum completions.
Field trips are not required. (A-F or P/NP - Student choice) /Lab
Transfer: (CSU, UC) General Education: (MJC-GE: Activities )

II. LEARNING CONTEXT
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. COURSE CONTENT

1. Required Content:

2. Required Lab Content:

   a. Fundamentals of beginning swimming techniques
      i. Freestyle
      ii. Backstroke
      iii. Rhythmic breathing
      iv. Prone float
      v. Supine float
      vi. Streamline

   b. Basic swimming workout structure
      i. Warm up/warm down
      ii. Stroke drills
      iii. Interval training

   c. Conditioning through continuous lap swim

B. ENROLLMENT RESTRICTIONS

1. Advisories
Before enrolling in this course, students are strongly advised to have the ability to enter shallow water.

2. **Requisite Skills**
   Before entering the course, the student will be able to:
   
   a. Must have the ability to enter shallow water.

C. **HOURS AND UNITS**

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D. **METHODS OF INSTRUCTION (TYPICAL)**
Instructors of the course might conduct the course using the following method:

1. Demonstration and description of swim skills
2. Instructor led skills rehearsal

E. **ASSIGNMENTS (TYPICAL)**

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**
   Time spent on coursework in addition to hours of instruction (lecture hours)
   
   Lab only - no outside of class hours required.

2. **EVIDENCE OF CRITICAL THINKING**
   Assignments require the appropriate level of critical thinking
   
   a. Develop a comprehensive swim workout incorporating various strokes and training techniques.
   b. Determine and set up a proper interval training program.

F. **TEXTS AND OTHER READINGS (TYPICAL)**

1. Other: No textbook required.

III. **DESIRED LEARNING**

A. **COURSE GOAL**
   As a result of satisfactory completion of this course, the student should be prepared to:
   
   demonstrate proper basic stroke techniques and become comfortable in both shallow and deep water.

B. **STUDENT LEARNING GOALS**
   Mastery of the following learning goals will enable the student to achieve the overall course goal.

1. **Required Learning Goals**
   Upon satisfactory completion of this course, the student will be able to:

2. **Lab Learning Goals**
Upon satisfactory completion of the lab portion of this course, the student will be able to:

a. demonstrate proper technique of use of freestyle and backstroke.

b. demonstrate proper technique of streamline.

c. demonstrate proper knowledge of swim apparatus.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT

1. Pre-test of swim skill for performance.

2. Stroke correction feedback.

B. SUMMATIVE ASSESSMENT