



# Syllabus

## HPE 140 Swimming Fundamentals

### General Information

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**Date**

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**Author**

Eric Marsh

**Department**

Physical Education and Integrated Health Care

**Course Prefix**

HPE

**Course Number**

140

**Course Title**

Swimming Fundamentals

### Course Information

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**Credit Hours**

1

**Lecture Contact Hours**

0.5

**Lab Contact Hours**

1.5

**Other Contact Hours**

0

**Catalog Description**

This course is designed for any level swimmer (from non-swimmer to advanced) who would like to improve proficiency in stroke development, endurance, and basic water safety. The course develops skills and endurance training necessary to progress into a lifeguarding certification course. This course includes basic rescue techniques.

**Key Assessment**

This course does not contain a Key Assessment for any programs

**Prerequisites**

None

**Co-requisites**

None

### **Grading Scheme**

Letter

## **First Year Experience/Capstone Designation**

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This course **DOES NOT** satisfy the outcomes applicable for status as a FYE or Capstone.

## **SUNY General Education**

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This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

## **FLCC Values**

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### **Institutional Learning Outcomes Addressed by the Course**

Vitality

Inquiry

Perseverance

## **Course Learning Outcomes**

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### **Course Learning Outcomes**

1. Demonstrate breath control and rhythmic breathing.
2. Distinguish and implement mechanics of fundamental strokes (e.g. front crawl, back crawl, elementary back stroke, sidestroke and breaststroke).
3. Demonstrate treading water, surface dives and underwater swimming.
4. Promote lifetime wellness and safety in aquatic environments.

## **Outline of Topics Covered**

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- I. Water safety
- II. Basic water rescue and survival skills
- III. Water aerobics
- IV. Stroke improvement and endurance
- V. Front flutter kick

- VI. Back flutter kick
- VII. Front crawl with rhythmic breathing
- VIII. Back Crawl
- IX. Elementary Backstroke
- X. Breaststroke
- XI. Sidestroke
- XII. Diving
  - a. Front dive – off side
  - b. Front dive – pool side/board
  - c. Front dive – pool side/3-step
- XIII. Underwater skills – shallow water
- XIV. Underwater skills – deep water