

## **NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY**

### **PED 141 – SWIMMING I (1 CR.)**

#### Course Description

Introduces skills and methods of swimming strokes. Focuses on safety and physical conditioning. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

#### General Course Purpose

This health-related physical activity course teaches basic swimming strokes and safety in the water.

#### Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including punching and chopping with the hands, lunging and kicking. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

#### Course Objectives

Upon completing the course, the student will be able to:

- a) Properly execute the basic beginner swimming skills of front crawl, elementary backstroke, floats, glides, changing directions, jumping and diving into deep water
- b) Describe and employ basic water safety skills and basic water survival skills

#### Major Topics to be Included

- a) Breathing techniques and buoyancy
- b) Floats, glides
- c) Combined arm and leg action of front crawl, and elementary backstroke.
- d) Finning or sculling
- e) Changing directions in water
- f) Jumping and diving in deep water
- g) Personal safety in the water
- h) Survival floating and treading water
- i) Combined skills