I. INTRODUCTION:

A. The purpose of this course is to learn skills for breathing, kicking, floating, diving, and stroking in Swimming I.

B. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

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

A. Gain confidence in the water
B. Learn basic swimming skills
C. Feel comfortable in the water
D. Develop social values
E. Improve physiological/organic development

III. INSTRUCTIONAL MATERIALS

A. The instructional materials identified for this course are viewable through www.ctcd.edu/books
B. References: Handout from instructor

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in required dress
4. Pass written examinations

4/24/08
GRADE COMPUTATION

Participation = 50%
Skill Evaluation = 25%
Written Examinations = 25%

*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

ABSENCES AND TARDIES

- Absences numbers one (1) and two (2) - No penalty.
- Absence number three (3) - 5 points will be deducted from your final grade (based on 100 point scale).
- Absence number four (4) - 10 points will be deducted from your final grade (based on 100 point scale).
- Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- Two (2) points will be deducted from your final grade for each tardy.
- There will be no make-up classes.

ATTENDANCE PROCEDURES

It will be the responsibility of the student to sign the attendance sheet before beginning class. Failure to sign-in will result in a recorded absence and loss of 5 points from final grade. Students arriving late to class must sign a tardy sheet. Tardies result in a 2 point loss from final grade.

Students who arrive more than 15 minutes after class-time will be counted absent.

V. ADDITIONAL NOTES:

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.
VI. COURSE OUTLINE:

A. Unit One: Orientation and Introduction to Basic Swimming.

1. Unit Objectives: Upon successful completion of this unit the student will be able to:

   a. Develop breathing skills and floating
   b. Perform kicking techniques
   c. Demonstrate basic dive into pool
   d. Perform basic strokes
   e. Pass tests of knowledge
   f. Tread water

2. Learning Activities:

   a. Classroom lecture/discussion
   b. Demonstration and practice breathing, kicking, floating, treading water,
   c. Reading assignments: Handouts

3. Equipment and Materials:

   a. Kick boards
   b. Life preservers