

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 141

Credits: 1

Course Title: Swimming I

Course Description: Introduces skills and methods of swimming strokes. Focuses on safety and physical conditioning. Laboratory 2 hours.

General Course Purpose: Students will be introduced to basic stroke development.

Course Prerequisites and Co-requisites:

None

Course Objectives:

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

- a. Feel more comfortable in the water;
- b. Learn the front crawl;
- c. Learn the back crawl;
- d. Improve water safety skills; and
- e. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of swimming skills.

Major Topics to Be Included:

- a. Stroke mechanics
- b. Basic aquatic skills and common progressions
- c. Experiencing hydrodynamics

Effective Date of Course Content Summary: September 2015