COURSE SYLLABUS
Department Approved 2/10/99
College Council Approved 2/18/99

Department: Physical Education
Course No.: AT103
New: Fall, 1999

Title of Course: Swimming

I. Course Description:
An individualized course that allows development and improvement of swimming skills from non-swimmer to advanced levels. (1)

II. Prerequisite: None

III. Objectives of the Course:
A. Student will develop and improve basic swimming skills.
B. Student will demonstrate water safety awareness and develop water safety skills.

IV. Expectations of the Students:
A. Participate regularly in class sessions
B. Observe pool rules
C. Set realistic goals to improve swimming skills based upon initial and continued instructor and self-evaluation.
D. Have a quality work ethic and desire to improve overall swimming ability.

V. Course Outline: Hours
A. Introduction
   1. Explanation of pool rules and the objectives and expectations of the course.
   2. Class procedures.
   3. Explanation of evaluation system.

B. Initial instructor evaluation of swimming skills and setting of individual goals.


C. Water safety awareness and development of safety skills. 4

D. Participation/Practice of swimming skills based upon initial and continuing instructor and self-evaluations. 21

TOTAL 30

V. Basis for Student Evaluation

A. Class participation 55%

B. Skill improvement 45%

VI. Textbooks:

Required: None

Recommended: