

Grande Prairie Regional College  
 Department of Physical Education & Athletics  
 Course Outline  
PA 1000 SWIMMING

1.0 Instructor: David Kay      Office#: K215      Phone: 539-2034

2.0 Course Description.

This course is designed to develop proficiency in selected aquatic strokes, aquatic skills and swimming endurance.

3.0 Course Objectives:

3.1 To demonstrate basic form and efficiency in

- a front crawl
- b back crawl
- c elementary back stroke
- d breast stroke
- e side stroke

3.2 To demonstrate the following basic aquatic skills:

- a stride jump entry
- b shallow dive
- c surface dive in deep water
- d underwater swim
- e surface support

3.3 To swim 300 meters in an efficient manner.

3.4 To describe the technical efficiency of front crawl, back crawl, elementary back, breast and side stroke.

4.0 Evaluation:

4.1 Examination based on the contents of Vickers, B.J. and W. Vincent  
SWIMMING fifth edition, 1989.      10 %

4.2 Practical evaluation:

- a) 300 meter (12 length) swim      40 %
- b) strokes for form and efficiency      20%
- c) basic aquatic skills      10%
- d) 50 meter speed swim- front crawl      10%
- e) 50 meter speed swim- breast stroke      10%

## 5.0 Evaluation Description:

### 5.1 Distance Swim, 300 meters (12 lengths)

Swimmers start in the water, push off is allowed. Your score is determined by the amount of time to complete the distance.

### 5.2 Technical Analysis of the five swimming strokes

a) Front crawl	4%	Grading scale:
b) Back crawl	4%	*very efficient 4
c) Elementary back	4%	*technically sound 3
d) Breast stroke	4%	*acceptable 2
e) Side stroke	4%	*weak 1
		*failure 0

### 5.3 Basic Aquatic Skills Evaluation:

a) Stride entry. Swimmers will use a stride jump entry from a standing position into deep water and keep their head above the surface.

b) Shallow dive. From a standing position demonstrate a head first dive for maximum distance along the surface.

c) Surface dive. Using a head-first surface dive, dive and retrieve a diving ring from the pool bottom.

d) Underwater swim. Push off the pool edge and swim under water one width of the pool without breaking the surface.

e) Surface support. Maintain surface support in deep water for five continuous minutes.

## 6.0 Schedule:

M W F- 8:00 am.-8:50 am. or 8:50 am.-9:40 am.

## 7.0 Transfer Credit:

7.1 University of Alberta PAC 100 (1.5)

7.2 University of Calgary PEAT 241/ Jr PEAT (1.5)

7.3 University of Lethbridge PHAC 1005 (1.5)

7.4 Athabasca University APST 2xx (1.5)

## 8.0 Class Attendance Policy

Attendance is essential for this course. The Department of Physical Education and Athletics at GPRC allows a maximum of 10% unexcused absences. Any student with more than three unexcused classes will receive a grade of 0 in PA 1000.

## 9.0 Swimming Standards

### 9.1 300m Swim

Men	Women	
5:00/B	5:30/B	40%
5:01-5:40	5:31-6:10	35%
5:41-6:20	6:11-6:50	30%
6:21-7:00	6:51-7:30	25%
7:01-7:40	7:31-8:10	20%
7:41-8:20	8:11-8:50	15%
8:21-9:00	8:51-9:30	10%
9:01-9:40	9:31-10:10	5%
9:41+	10:11+	0%

9.2 Basic Aquatic Skills: 10% value. 2% each for the five skills

### 9.3 Speed Swims (time in seconds)

%	50m front crawl		%	50m breast	
	Men	Women		Men	Women
10	39/B	42/B	10	55/B	57/B
9	40-42	43-45	9	56-59	58-61
8	43-45	46-48	8	60-63	62-65
7	46-48	49-51	7	64-67	66-69
6	49-51	52-54	6	68-71	70-73
5	52-54	55-57	5	72-75	74-77
4	55-57	58-60	4	76-79	78-81
3	58-60	61-63	3	80-83	82-85
2	61-63	64-66	2	84-87	86-89
1	64-66	67-69	1	88-91	90-93
0	67+	70+	0	92+	94+

## 10.0 Detailed Course Schedule

- Sept. 2 Course outline, facility orientation, warming-up for swimming  
4 Principles for swimming efficiently  
9 Front crawl progression  
11 Front crawl, stride entry  
14 Front crawl, stride entry  
16 Back crawl progression  
18 Back crawl, shallow dive  
21 Training day  
23 Elementary back, shallow dive  
25 Elementary back, surface support  
28 Training day  
30 Breast stroke progression
- Oct. 2 Breast, surface dive  
Oct. 5 Training day  
7 Breast, surface dive, surface support  
9 Challenge day- timed swims  
14 Side stroke progression  
16 Side stroke, underwater swim  
19 Training day  
21 Side stroke, all aquatic skills  
23 Front crawl review, distance training  
26 Back crawl review, distance training  
28 Elementary back review, Breast review  
30 Breast stroke and side stroke review, distance training
- Nov. 2 Test for aquatic skills  
4 Test for aquatic skills  
6 Test for swimming strokes/endurance test  
9 Test for swimming strokes/endurance test  
13 Test for swimming strokes/endurance test