

Grande Prairie Regional College  
Department of Physical Education & Athletics  
Course Outline 1993-94  
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 swimming 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.                      20%

4.2 Practical evaluation:

a) 300 meter (12 length) swim                      20%

b) strokes for form and efficiency                      40%

c) basic aquatic skills                      20%

## 5.0 Evaluation Description:

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

Swimmers start in the water; a 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	8%	Grading scale:
b) Back crawl	8%	*very efficient 8/7
c) Elementary back	8%	*technically sound 5/6
d) Breast stroke	8%	*acceptable 3/4
e) Side stroke	8%	*weak 2/1
		*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. (keep your dive within one meter of the surface)

c) Surface dive: From either head-up front crawl or head-up breast stroke perform 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:

MWF- 8:00 am.-8:50 am.

MWF 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 two unexcused classes from Sept 8-Oct. 20 will receive a 0 in the PA 1000 Take Home Exam.

## 9.0 Swimming Standards

### 9.1 300m Swim

Men	Women	
5:00/B	5:30/B	20%
5:01 -5:40	5:31-6:10	18%
5:41-6:20	6:11-6:50	16%
6:21-7:00	6:51-7:30	14%
7:01-7:40	7:31-8:10	12%
7:41-8:20	8:11-8:50	10%
8:21-9:00	8:51-9:30	8%
9:01-9:40	9:31-10:10	6%
9:41+	10:11+	4%
DNF	DNF	0%

9.2 Basic Aquatic Skills: 20% value. 4% each, for the five skills

## 10.0 Detailed Course Schedule

- Sept. 8 Course outline and orientation (location TBA)
- 10 Principles for swimming efficiently (location TBA)
- 13 Stroke assessments-Bear Creek Outdoor Pool, Muskoseepi Park
- 15 Front crawl progression -Leisure Centre Pool
- 17 Front crawl, stride entry
- 20 Front crawl progression
- 22 Back crawl
- 24 Back crawl, shallow dive
- 27 Elementary back, shallow dive
- 29 Elementary back, surface support
- Oct. 1 Training day, long distance
- 4 Breast stroke progression
- 6 Breast, surface dive
- 8 Training day (D.Kay away)
- 13 Breast, surface support
- 15 Challenge day- timed swim (D.Kay away)
- 18 Side stroke progression
- 20 Side stroke, underwater swim
- 22 Challenge day-timed swim
- 25 Side stroke, all aquatic skills
- 27 Video analysis
- 29 Video analysis
- Nov. 1 Video analysis
- 3 Review of all five strokes
- 5 Review of all five strokes
- 8 Testing of strokes
- 13 Testing of strokes
- 15 Testing of strokes
- \*Pool time for the 8:50-9:40 class ends.
- \*all students attend the 8:00-8:50 class
- 17 Water polo challenge!
- 19 Training day (D.Kay away)
- 22 Testing of strokes
- 24 Test for aquatic skills
- 26 Test for aquatic skills
- 29 Test for timed swim
- Dec. 1 Test for timed swim (Take Home exam due)
- 3 Test for swimming strokes/timed swim
- 6 Test for swimming strokes/timed swim
- 8 Final testing day

\*Attendance is compulsory in all classes until Oct25. (a total of 20 class days, absences in excess of two will result in a 0 in the take home final)