

Grande Prairie Regional College
Department of Physical Education & Athletics
Course Outline 1994-95
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 sixth edition, 1994. 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:

- Stride entry: Swimmers will use a stride jump entry from a standing position into deep water and keep their head above the surface.
- 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)
- 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.
- Underwater swim: Push off the pool edge and swim under water one width of the pool (7 lanes) without breaking the surface. Standards for portions of a width: 6 lanes=3pts., 5 lanes=2pts., 4 lanes=1pts.)
- Surface support: Maintain surface support in deep water for five continuous minutes.

6.0 Schedule:

MWF- 8:00 am.-8:50 am. or 8:50-9:45

7.0 Transfer Credit:

- University of Alberta PAC 100 (1.5)
- University of Calgary PEAT 241/ Jr. PEAT (1.5)
- University of Lethbridge PHAC 100S (1.5)
- 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 from Sept.7-Nov.18 will receive a 0 on the PA 1000 Take Home Exam.

9.0 Swimming Standards

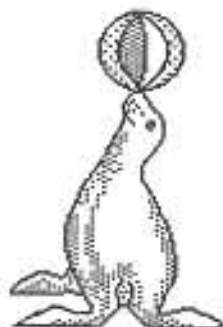
9.1 300m Swim

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/slower	9:31/slower	6%
DNF	DNF	0%

* Students who finish the 12 lengths without stopping receive 6%, irregardless of time.

9.2 Basic Aquatic Skills: 20% value:

- 4% Stride entry
- 4% Shallow dive
- 4% Surface support
- 4% Surface dive in deep water
- 4% Underwater swim



10.0 Course Schedule (changes may occur)

Sept. 7 Course orientation (gymnasium)

- 9 Stroke assessment-Bear Creek Outdoor Pool
- 12 Stroke assessment- Bear Creek Outdoor Pool
- 14 Front crawl progression -Leisure Centre Pool
- 16 Front crawl progression
- 19 Front crawl progression, stride entry
- 21 Front crawl progression, stride entry
- 23 Back crawl progression
- 26 Back crawl, shallow dive
- 28 Introduction to whip kick
- 30 Elementary back progression

Oct. 3 Elementary back, shallow dive

- 5 Breast stroke progression
- 7 Training day, timed swim challenge
- 12 Breast stroke progression
- 14 Challenge day- timed swim
- 17 Breast stroke and surface support
- 19 Breast stroke, shallow dive, stride entry
- 21 Training day
- 24 Side Stroke
- 26 Side stroke, surface dive
- 28 Video analysis, surface dive
- 31 Video analysis, underwater swim

Nov. 2 Stroke improvement, underwater swim

- 4 Stroke improvement, practice all aquatic skills
- 7 Stroke improvement, practice all aquatic skills
- 9 Stroke improvement, practice all aquatic skills
- 14 Testing
- 16 Testing
- 18 Testing

*Pool time for the 8:50-9:40 class ends: all students attend the 8:00-8:50 class

- 21 Testing
- 23 Testing
- 25 Training day, individual stroke work (D.Kay away)
- 28 Testing
- 30 Testing (Take Home exam due)

Dec. 2 Test for timed swim

- 5 Test for timed swim
- 7 Testing
- 9 Testing