

Grande Prairie Regional College
Department of Physical Education & Athletics
Course Outline 1995
PA 1100 Aquatics

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

2.0 Course Description:

Development of proficiency in selected swimming strokes, water safety skills and an examination of the theoretical aspects of aquatics.

Prerequisite: Red Cross level blue or the ability to swim front and back crawl efficiently.

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 water safety skills:

- a. stride jump entry
- b. shallow dive
- c. feet first surface dive and five meter underwater swim
- d. head first surface dive and five meter underwater swim
- e. treading water
- f. the effective use of reaching and throwing assists
- g. rescue breathing

3.3 To perform an endurance swim of five hundred meters.

3.4. To describe the basic principles of water safety.

4.0 Evaluation:

4.1 Examination based on the contents of Vickers, B.J. and W. Vincent SWIMMING sixth edition and water safety hand outs. 20%

4.2 Practical evaluation: Practical evaluation is based on the standards established for the white level of the Canadian Red Cross Society.

- a) Continuous Activity swim: stride entry, swim 400 meters using at least four strokes, plus 50 meters arms only and 50 meters legs only. 22%
- b) strokes for form and efficiency 30%
- c) water safety skills 28%

5.0 Evaluation:

5.1 Endurance Swim, 500 meters (20 lengths)

Perform a stride entry and swim four hundred meters continuously using a least four strokes. (front crawl, back crawl, breast, side stroke, elementary back) Continue swimming demonstrating arms only (sculling or finning) for fifty meters and fifty meters of legs only. (use of whip, inverted scissors, egg beater)

5.2 Demonstrating efficiency using the following swimming strokes:

- | | | |
|--------------------|----|------------------------|
| a) Front crawl | 6% | Grading scale: |
| b) Back crawl | 6% | *very efficient 8/7 |
| c) Elementary back | 6% | *technically sound 5/6 |
| d) Breast stroke | 6% | *acceptable 3/4 |
| e) Side stroke | 6% | *weak 2/1 |
| | | *failure 0 |

5.3 Basic Water Safety Skills Evaluation: 28%

- 4% Shallow dive
- 4% Stride entry
- 4% Feet first surface dive and five meter swim under water
- 4% Head first surface dive and five meter swim under water
- 4% Treading water for five minutes
- 4% Demonstrate rescue breathing
- 4% Effective use of reaching and throwing assists
- a) Shallow dive: From a standing position demonstrate a head first dive for maximum distance. (keep your dive within one meter of the surface)
- b) Stride entry: Starting from one meter from the pool edge swimmers will use a one foot stride jump entry into deep water while keep their eyes open and head above the water.

c) Feet first surface dive: Swimmers start while treading water. Perform a body lift and streamline the body for decent. Using a push with the hands descend. From the vertical decent level off to horizontal position and swim underwater for five meters.

d) Head first surface dive and underwater swim: From a head up front crawl or head up breast stroke perform a head-first surface dive. Continue from the surface dive to swim five meters under water.

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

f) Demonstrate rescue breathing while in shallow water and from the pool deck to a victim in deep water.

g) Demonstrate effective use of reaching assists and the throwing assists to victims in deep water.

6.0 Schedule:

MWF- 9:00 am.-9:50

7.0 Transfer Credit:

7.1 University of Alberta PAC 110 (1.5)

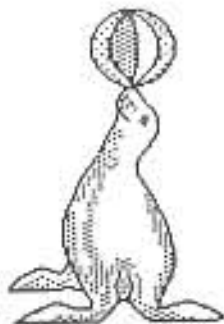
7.2 University of Calgary PEAT 241/ Jr. PEAT (1.5)

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 0 on the PA 1100 Take Home Exam.



10.0 PA1100 Schedule (changes may occur)

Sept. 8 Course orientation (GPRC gymnasium)

- 11 Stroke assessment
- 13 Front crawl/ back crawl
- 15 Front crawl/ back crawl

- 18 Front crawl / back crawl
- 20 Front crawl/ back crawl
- 22 Whip kick/ breast stroke

- 25 Whip kick/ breast stroke
- 27 Whip kick/ elementary back stroke
- 29 Whip kick/ elementary back stroke

Oct. 2 Side stroke, shallow dive

4 Side stroke, stride entry

6 Training day for endurance swim

11 Side stroke, surface dives

13 Training day for endurance swim

16 Side stroke, reaching assists

18 Breast stroke, throwing assists

20 Training day for endurance swim

23 Elementary back stroke, rescue breathing

25 Breast stroke, rescue breathing

27 Rescue breathing, first test for endurance swim

30 First test day for safety skills

Nov. 1 Second test day for safety skills

3 Stroke improvement, water safety principles

6 Stroke improvement, water safety principles

8 Water safety principles, second test for endurance swim

10 Final testing for safety skills

13 Testing for strokes

15 Testing for strokes

17 Testing for strokes