

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS
COURSE OUTLINE

PA 200 - 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, 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 swimming skills:

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

3.3 To swim 300m in an efficient manner.

4.0 Evaluation:

Practical swim tests comprise 100% of the total mark.

| | |
|---|-------------|
| 300m distance swim | 40% |
| Strokes for form and efficiency (5 strokes) | 20% |
| Basic aquatic skills | 20% |
| 50 meter speed swim - front crawl | 10% |
| 50 meter speed swim - breast stroke | 10% |
| | <u>100%</u> |

PA 200 - SWIMMING
EVALUATION DESCRIPTION

4.1 Distance Swim. 12 lengths (300m)
Swimmer starts in the water, push off is allowed. Score is the time to complete the distance.

4.2 Technical Analysis of the Five Basic Swimming Strokes

| | | |
|------------------------|------------|--------------------|
| Front Crawl | 4% | Very Efficient (4) |
| Back Crawl | 4% | Acceptable (3) |
| Elementary Back Stroke | 4% | Weak (2) |
| Breast Stroke | 4% | Failure (1) |
| Side Stroke | 4% | |
| | <u>20%</u> | |

4.3 Basic Swimming Skills Evaluation

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

4.3.2 Shallow dive into deep water, retrieve a diving ring from the bottom, surface, return to the edge and place ring on the deck.

4.3.3 Surface dive in deep water, touch bottom and push back to the surface.

4.3.4 To swim one width of the pool under water using an under water push off.

4.3.5 To maintain surface support in deep water for 5 minutes.

5.0 Schedule:

5.1 M W F - 8:00 - 9:50 a.m.

6.0 Transfer Credit:

6.1 University of Alberta PAL 200

7.0 Class Attendance Policy

Attendance is essential for this course.

The Department of Physical Education and Athletics at GPRC allows a maximum of 10% of unexcused absences. Any student with more than four unexcused classes will receive a grade of 1 in PA 200.

8.0 PA 200 - Swimming Standards

8.1 300 m Swim

| | |
|---------------|-----|
| 5:00 or less | 40% |
| 5:01 - 5:40 | 35% |
| 5:41 - 6:20 | 30% |
| 6:21 - 7:00 | 25% |
| 7:01 - 7:40 | 20% |
| 7:41 - 8:20 | 15% |
| 8:21 - 9:00 | 10% |
| 9:01 - 9:40 | 5% |
| 9:41 - longer | 0% |

8.2 Basic Aquatic Skills: 20% value. 4% for each of the five skills.

8.3 Speed Swims (in seconds)

50M FRONT CRAWL

| % | MEN | WOMEN |
|----|-------|-------|
| 10 | 39/B | 42/B |
| 9 | 40-42 | 43-45 |
| 8 | 43-45 | 46-48 |
| 7 | 46-48 | 49-51 |
| 6 | 49-51 | 52-54 |
| 5 | 52-54 | 55-57 |
| 4 | 55-57 | 58-60 |
| 3 | 58-60 | 61-63 |
| 2 | 61-63 | 64-66 |
| 1 | 64-66 | 67-69 |
| 0 | 67 + | 70 + |

50M BREAST STROKE

| % | MEN & WOMEN |
|----|-------------|
| 10 | 55/B |
| 9 | 56-59 |
| 8 | 60-63 |
| 7 | 64-67 |
| 6 | 68-71 |
| 5 | 72-75 |
| 4 | 76-79 |
| 3 | 80-83 |
| 2 | 84-87 |
| 1 | 88-91 |
| 0 | 92 + |

9.0 DETAILED COURSE SCHEDULE

- Sept. 6 - course Outline - Gymnasium
9 - Facility orientation/warm-up/swim
- Front crawl - progression
11 - Front crawl - stride entry
13 - Front crawl - stride entry
16 - Introduction to back crawl
18 - Back crawl/shallow dive
20 - Training Day
23 - Elementary backstroke/shallow dive
25 - Elementary backstroke/surface support
27 - Training Day
30 - Introduction/Breast stroke
- Oct. 2 - Breast stroke/surface dive
4 - Training Day
7 - Breast/surface dive/surface support
9 - Challenge Day - timed swims
11 - Side stroke introduction
16 - Side stroke/underwater swim
18 - Training Day
21 - Side stroke/all aquatic skills
23 - Front crawl review
25 - Training/Games
28 - Front crawl review
30 - Back crawl review
- Nov. 1 - Training/Games
4 - Elementary back review
6 - Breast review
8 - Side stroke review
13 - Aquatic Skills Test
15 - Training
18 - Individual Work
20 - Individual Work
22 - Training
25 - Training
27 - Individual Work
29 - Training
- Dec. 2 - Testing
4 - Testing
6 - Testing
9 - Testing