

## PHED 205

### Proficiency in Swimming Skills

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Office Hours:  
All times may be scheduled by appointment via online

#### Course Description:

The primary goal of this class is to give the students an opportunity to recognize competent swimming skills and planning so they may teach K-12 students upon graduation. The majority of this class will focus on swimming skill and safety so it may be implemented in future teaching opportunities.

#### Course Objectives:

At the conclusion of this course the student will:

1. Identify and Describe swimming strokes as follows:
  - a. Front crawl
  - b. Back crawl
  - c. Side stroke
  - d. Elementary back stroke
  - e. Breaststroke
  - f. Butterfly
2. Understand Swimming Basic Fundamentals to class management and safety.
3. Plan an activity, development of teaching cues, and execute online instruction through video that meets the standards of a K -12 swimming unit.

#### Grading:

##### Unit Quizzes - 60 Points:

- Throughout the course, you will participate in 5 learning units. With the learning units there are video instructions of the content you are to make yourself familiar with. When comfortable with the learning content, you will take a quiz based on the content listed in the assigned modules. Each unit has a timeline and is designated by a week (see course schedule for details). Some things to help ensure your success:
- The quiz content is directly taken from the videos in the appropriated sections. **NOWHERE ELSE!** Do not skip watching the videos. Take notes if you must.
- Quiz answers will not be released upon submission, however, if you are curious about areas you may have struggled with, you may email me after the quiz is closed to ask for specific feedback on your results.
- Be proactive in your learning. The course is designed to be spaced out, so you are not overloading yourself either in the beginning or procrastinating until the end.

##### Skills Test – 60 Points:

- A skills test will be given on the last day of the course (you may test out early if you feel comfortable in your swimming stroke). Each student will be required to swim and complete one length of

the pool performing a level 4 for each stroke listed above. You will be allowed to choose 5 out of the 6 options (with the 6<sup>th</sup> option being somewhat of a freebee). 10 points are awarded for each swim stroke assessed at level 4. If you fail to meet proficiency level of 4 for a swimming stroke 2 points will be deducted for each level you are below. You will be given a maximum of 2 tries to achieve your highest score. If you choose to test out early – you still only get a maximum of two tries throughout the entire duration of the course. You will not be given the opportunity to attempt the skill 2 times each week.

- You will also be assessed on your ability to tread water – completing a 5-minute tread will award you 10 points.

**Final Project - 40 points:**

- Your final project for this course is a video demonstration of your competency in designing and presenting teaching cues. Using the “Basic Skills and Progression” video as a starting point, you will pick 2 out of the 3 skills identified in this video: Breath Control, Front Swimming, Back Swimming (the video provides a brief example for each). You will develop a creative visual poster: identifying teaching cues, appropriate scope and sequencing in regard to skill progression and record a video with a creative story to (such as you would do in a lesson) to present the content you have created. This is done individually, and creativity is essential. You are encouraged to do your own research to develop your poster and present your content. The “Water Safety” video provides a good example (using cues and creative instruction with a poster) for your reference as to what is expected. When picking your skills, you are designing this teaching experience for an elementary (beginner) swimming unit.
  - o *EXTRA CREDIT: if you would like to choose all 3 skills, and your presentation has all the major components included for the third skill, up to 10 extra credit points can be awarded.*

**Grading Scale:**

100%-90%	=A
89%-80%	=B
79%-70%	=C
69%-60%	=D
Below 60%	=F

**Additional Information:**

Be prepared for each class with your swimming trunks/suit, goggles, towel and ear/nose plugs (if necessary). There will be times that we may be in a classroom, it is advised to bring an extra pair of clothes that you do not mind getting wet. You will not be permitted to go to the locker room and change during class due to class time being so limited.

ALL CLASSES WILL MEET IN THE SWIMMING AREA LOCATED IN THE POOL