

**SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**

**FACULTY OF HEALTH**

**HH/PKIN 0200 SWIMMING**

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**Instructor:** Kathy Broderick

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**Attendance:** Students must attend 80% of the classes

**Course Objectives:**

1. Demonstrate technical competence in executing the following strokes:

Front Crawl

Back Crawl

Breast Stroke

Elementary Back

Side Stroke

2. Successfully complete an Endurance Swim

**Practical Evaluation:** 80%

1. Technical Swim

Students must complete 25m of each stroke using proper technique. Arm action, leg action, body position, head position and breathing will be evaluated

2. Timed Swim

Students must complete a timed swim. (Front Crawl). Distance and time will be determined in class.

3. Endurance Swim

Students must complete an endurance swim using any stroke combination. Distance will be determined in class

4. Deep Water Skills

- Front Dive
- Stride Jump
- Treading Water

5. Starts and Turns

Students must demonstrate the starts and turns learned in class

**Theory Examination: 20%**

Students must complete a written exam based upon the information presented in class