

COURSE OUTLINE

LFIT-116

Swimming for Fitness

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with an introduction to swimming and aquatic activities as a means of fitness development and maintenance. In addition to pool sessions, the student will be presented with a series of lectures designed to present to them the basic concepts of fitness development in general, as well as how they relate specifically to swimming. The student will also have the opportunity to learn the techniques and skills involved in snorkeling. Prerequisite: Swim 25-yards, non-stop, using any of the standard swimming strokes.

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Demonstrate an understanding of fitness development through swimming by designing a personal swimming program.
2. Demonstrate basic aquatic survival skills including breath holding, survival floating, treading water and underwater swimming.
3. Explain aquatic safety concerns and concepts in various hypothetical pool and aquatic environment scenarios.
4. Describe the necessary preparation procedures involved in swimming by properly participating in class swimming/activity classes.
5. Demonstrate the use of swimming equipment including the pull buoy, hand paddles, kick board, and flotation belt in class swimming sessions.
6. Design a personalized fitness program using swimming/aquatic activities as the primary mode of exercise.

Major Topics

- I. Individual assessment and needs
- II. Water survival techniques
- III. Endurance summary
- IV. Personalized swim programs.

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member. To include, but not limited to attendance, participation, skill and knowledge, mid-term and final exam.