

BERGEN COMMUNITY COLLEGE  
Division of Arts Humanities & Wellness  
Wellness Exercise Science Department  
Departmental Policy Syllabus

COURSE TITLE: WEX-175 Beginning Swimming

COURSE CREDITS/HOURS 2 labs; 1 credit

PREREQUISITE: None

**COURSE DESCRIPTION:**

(for non-swimmers) Beginning swimming is a basic course for non-swimmers that includes fundamental water safety and survival, front crawlstroke, back crawlstroke, breast stroke, elementary backstroke and recreational aquatic activities.

**STUDENT LEARNING OBJECTIVES**

- A. To investigate the various basic strokes including front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke.
- B. To practice control breathing, floating and treading water.
- C. To apply various methods of water entry such as surface dive, stand-up front dive, and stand-up jump. Verbally or in writing describe various safety practices and survival techniques while near or in the water.

**ASSESSMENT CRITERIA**

- A. To physically perform the proper mechanics for the frontcrawl, backcrawl, breaststroke, sidestroke, and elementary backstroke.
- B. To demonstrate control in breathing while doing the frontcrawl, the prone and back float and treading water.
- C. To physically demonstrate: how to enter the water, stand-up front dive, and stand-up jump. Verbally or in writing describe various safety practices and survival techniques while near or in the water.

**CONTENT OUTLINE**

- A. Orientation – medical form, locker assignments
  1. Introduction to course
    - a. Course outlining and procedures
- B. Swimming test – evaluation of swimming skills (pre-test)
- C. Basic water skills
  1. Prone float, recovery
  2. Treading water, finning
  3. Back crawl
- D. Principles of swimming
- E. Personal safety – what to do in emergency situations
- F. Swimming strokes
  1. Elementary backstroke
  2. Front crawl –free style
  3. Back crawl

4. Breast stroke
  5. Side stroke
- G. Water entries
1. Compact jump
  2. stride jump
  3. Diving: surface dive, kneeling dive, stand-up dive

#### PROCEDURES, METHODS AND TECHNIQUES

- A. Daily presentation and discussions
- B. Demonstration of resistance programs.
- C. Discussion of various resistance training techniques.
- D. Media utilization – AV AIDS, resource center.
- E. Use of resistance equipment and machines.
- F. Resources:
  4. Fitness Center
  5. Sidney Silverman Library
  6. Gymnasium

#### ATTENDANCE POLICY

Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

#### RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for knowing the information included in the catalog and academic calendar.

#### ACADEMIC & STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

#### TEXTBOOKS

Swimming, Joanna Midtyling, Saunders Physical Series, latest edition.

#### GRADING POLICY

A final grade in the course is based on the student's participation, performance tests and written exam.

PROPOSED COURSE CALENDAR (The sequence of topics to be covered is subject to the discretion of each individual instructor).

Course sequence and content are subject to change without notice as emphasis on course content may vary.