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HPER 033: Swimming

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Dordt College

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COURSE SYLLABUS**INSTRUCTOR: Dr. Len Rhoda****I. Course Title: HPER 33 Swimming****II. Course Description:**

Each class is divided into beginners, intermediates and advanced. Development of skills appropriate to swimming level is followed. Senior Lifesaving and Water Safety Instructor certificates can be earned by special arrangement.

III. Course Objectives:

- A. Understand the physiological concepts of the activity which apply to health related fitness.
- B. Experience pre and post activity assessment of the appropriate health fitness component(s) of the activity.
- C. Use the fundamental techniques of the activity to enhance participation.
- D. Increase their level of health fitness through regular participation in the activity.
- E. The student will understand and practice water safety.

IV. Course Outline:

- A. Individual classification
- B. Benefits of swimming: water safety
- C. Stroke techniques and execution.
- D. Water games
- E. Conditioning
- F. Post evaluation.

V. Method of Instruction:

Certified Water Safety Instructors use the direct approach supplemented with films and videotapes.

VI. Major Assignments: None**VII. Evaluation:**

Class attendance and participation.

VIII. Textbook: None.