

Course Prefix and Number: PE 149 F  
Semester and Year Approved: 1991  
Semester and Year Revised:  
Semester and Year Effective: Fall 2006

## FULLERTON COLLEGE COURSE OUTLINE

Division: PHYSICAL EDUCATION  
Department/Subject Area: PHYSICAL EDUCATION  
Course Prefix: PE  
Course Number: 149 F  
Course Title: SWIM FOR FITNESS  
Units: 1  
Lec Hours: Full Term Hrs/Wk.  
Lab Hours: Full Term Hrs./Wk. 3  
Assignment Preparation Hours:  
Prerequisite, Corequisite, or Advisory Validation Date:  
Prerequisite(s):  
Corequisite(s):  
Advisory(ies):  
(Rev. 7/98) outline.wpt

### □ CATALOG DESCRIPTION

**Three hours of laboratory. This course is designed to increase the knowledge of the cardiovascular system through the use of aerobic and anaerobic workouts. Swimming strokes are improved through endurance and repetitive training. Participants seeking a fitness program can expect to improve their overall fitness levels. May be taken four times for credit.**

### STUDENT LEARNING OUTCOMES:

At the completion of this course the successful student will be able to distinguish the basic water safety concepts, conditioning methods and competitive swimming strokes while learning to value and obtain a moderate level of physical fitness.

### □ SCHEDULE DESCRIPTION (max 3 lines)

**This course is designed to increase the knowledge of the cardiovascular system through the use of aerobic and anaerobic swimming workouts. Sessions will emphasize conditioning and aquatic efficiency via swimming.**

### □ ENTRY LEVEL SKILLS AND KNOWLEDGE (To be completed if required by Prerequisite Policy)

**Upon entering this course, the student needs to be able to do the following:**

### □ INSTRUCTIONAL OBJECTIVES (Use measurable objectives only)

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

- 1. Evaluate the correct swimming techniques in the four competitive strokes.**
- 2. Debate the hydrodynamic laws of physics as they apply to swimming.**
- 3. Test their cardiovascular system for improvement.**

### □ COURSE CONTENT AND SCOPE (instructional topics or units)

#### A. Beginning

- 1. Evaluation of skill level on class entry.**
- 2. Presentation of various training methods for achievement of goals set upon entry into the class.**
- 3. Demonstration of different stroke techniques, training aids, and starts and turns.**

