

STUDENT LEARNING OUTCOMES:

At the completion of this course the successful student will be able to analyze basic principles of water safety and swimming while progressing through the water in the four competitive and additional survival strokes while obtaining a moderate level of physical fitness.

Course Prefix and Number: PE 134 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: **P.E.**
Course Number: **134 F**
Course Title: **Swimming**
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

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- **CATALOG DESCRIPTION**
Three hours of laboratory per week. This course emphasizes fundamental skills of swimming. All strokes are taught along with elementary diving and basic survival skills. Endurance training and cardiovascular fitness will be discussed and practiced. May be taken four times for credit.
 - **SCHEDULE DESCRIPTION (max 3 lines)**
Three hours of laboratory per week. This course emphasizes developing fundamental skills of swimming. All strokes are taught along with elementary diving and basic survival skills. Endurance training and cardiovascular fitness will be discussed.
 - **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 correct swimming techniques in the six basic swimming strokes.**
 - 2. Appraise an aquatics area based on safety.**
 - 3. Analyze and discuss physical laws which govern swimming.**
 - 4. Test the cardiovascular system for improvement.**

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