

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Individualized Swimming

Course Abbreviation and Number: PHE 1710

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will be provided instruction in beginning swimming basics. Students will demonstrate skill in drownproofing, elementary backstroke, backstroke, sidestroke, crawl stroke, trudgen stroke, and breaststroke. Improvement in swimming ability and cardiovascular health for all levels of swimmers are the main course objectives.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Demonstrate proper technique using the freestyle, back, breast, elementary back, butterfly, and side strokes.
2. Develop endurance with distance swimming using the above strokes.
3. Demonstrate basic diving techniques from the pool deck and from the diving board.

Topics Covered:

- Gliding
- Floating
- Kicking
- Free style
- Back stroke
- Elementary back stroke
- Breast stroke
- Butterfly stroke
- Side stroke
- Treading water
- Diving
- Turns (open and flip)
- Breathing techniques
- Endurance

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2022