

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number: PED 141**

**Credits: 1**

**Course Title:** Swimming I

**Course Description (including lecture hours, lab hours, total contacts)**

Introduces skills and methods of swimming strokes. Focuses on safety and physical conditioning. Part I of II. Laboratory 2 hours per week.

**General Course Purpose**

Students are at the beginner level and will be introduced to basic stroke development.

**Course Prerequisites/Corequisites** (*Entry-level competencies **required** for enrollment*):

None

**Course Objectives** (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. Feel more comfortable in the water
- b. Learn the front crawl
- c. Learn the back crawl
- d. Improve water safety skills

**Major Topics to be Included**

- a. Stroke mechanics
- b. Basic aquatic skills and common progressions
- c. Experiencing hydrodynamics

**Effective Date of Course Content Summary (Month, Date Year):** December 1, 2008