

**Barnard College**  
**Department of Physical Education**

**Advanced Beginning Swimming**  
**PHED 1121y01**

**Instructor:** Luci Rosalia

**Office:** Room 206B, lrosalia@barnard.edu

**Location:** Barnard Pool

**Course Description:** Review of safety skills in shallow and deep waters. Develop and refine all major strokes. Students will learn proper swimming etiquette and safety skills.

**Course Requirements:** Be able to swim unassisted in the shallow end of the pool. Students are expected to arrive to class on time and dressed in proper swim attire. Bathing caps and goggles are for sale in the Physical Education Office located in room 206, Barnard Hall.

**Course Grades:** Students who have not fulfilled their Physical Education Requirement will receive one credit hour for successfully completing this course. This class is graded as pass/fail. Only four absences are allowed for the entire semester.

**Course Outline**

- Introduction of Advanced Beginning Swimming
- Biomechanics of Swimming- Red Cross Video
- Hydrodynamic Principles
- Flutter kick on front
- Flutter kick on back
- Front crawl arm stroke
- Front crawl with rotary breathing
- Front crawl intervals (20 yards swims)
- Back crawl body alignment
- Back crawl arm stroke
- Back crawl combined
- Elementary back stroke review
- Breaststroke arm pull
- Breaststroke kick
- Breaststroke breathing/timing
- Side stroke kick
- Side stroke arm pull
- Side stroke drills
- Butterfly body rhythm
- Dolphin kick
- Butterfly arm stroke
- Deep water safety skills- Reaching assist, Tread water, Emergency Action Plans
- Deep water activities- retrieve rings, egg beater kick, water polo