

**Beginning Swimming
PHED1120**

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Course Description: This is an introduction to basic swimming strokes and safety. Students will learn to swim freestyle, breaststroke, sidestroke, elementary backstroke, and back crawl. No prior swimming experience necessary.

Course Objectives: Students will learn fundamental swimming strokes. Demonstrate proper swimming etiquette and safety skills. Develop an appreciation for swimming as a life long activity.

Course Requirements: Students are expected to arrive to class on time and dressed in proper swim attire. Only four absences are allowed for the entire course.

Recommended Textbook: Swimming and Diving, The National American Red Cross, 1992. Price-\$35.00

Course Grades: Students who have not fulfilled their Physical Education Requirement will receive one credit hour for successfully completing course objectives. This class is graded as pass/fail.

Course Schedule

Week 1	Orientation to the Barnard Pool and Safety Procedures Hydrodynamic Principles and Exercises
Week 2	Prone Float and Supine Float. Introduce Gliding and Streamline Body Positions
Week 3	Elementary Back Stroke Arms & Finning
Week 4	Flutter Kick-Front, Back, and Side
Week 5	Introduction to Freestyle Arm Pull
Week 6	Freestyle Stroke Coordination
Week 7	Back Crawl- Body Rotation & Kick
Week 8	Back Crawl- Arm Pull
Week 9	Breast Stroke- Arm Pull
Week 10	Breast Stroke- Whip Kick
Week 11	Side Stroke- Scissor Kick
Week 12	Side Stroke Coordination

Week 13

Review all swimming strokes and discuss emergency procedures for the water.