

Course Outcome Guide (COG)

Course: HPER 120	Swimming	Credits:	1	Date Changed	4/6/18
Course Description:	Designed for both the non-swimmer and intermediate swimmer to learn and perfect the skills of front crawl, back crawl, side- stroke, elementary back- stroke, and breast- stroke. In addition, survival skills will be learned to build confidence in the student's ability to cope with water related emergencies.				
Concepts and Issues	Process Skills	Assessment Tasks	Intended Outcomes		
			Course	General Education or Program	Institutional
<ul style="list-style-type: none"> • Survival skills • Rescue skills • Breathing techniques • Performance of strokes 	Demonstrate knowledge of the following: <ul style="list-style-type: none"> • Survival skills • Rescue skills • Breathing techniques • Various strokes: <ul style="list-style-type: none"> ➤ Whip kick ➤ Flutter kick ➤ Scissor kick ➤ Tread water ➤ Back float ➤ Under water swim (20 feet) ➤ Front crawl ➤ Sidestroke ➤ Elementary backstroke ➤ Back crawl 	<ul style="list-style-type: none"> • Complete and demonstrate mastery of both concepts and process skills through activity assessments • Demonstrate various strokes and life saving techniques • Survival test 	<ul style="list-style-type: none"> • Perform various strokes and life saving techniques • Recognize water related emergencies • Perform survival skills 	<ul style="list-style-type: none"> • Students will apply all health-related knowledge to promote physical and mental well-being. 	<ul style="list-style-type: none"> • Students will apply all health-related knowledge to promote physical and mental well-being.