

Course Objectives/Course Outline
Spokane Community College

Course Title: Beginning Swimming

Prefix and Course Number: AQUAT 101

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Learn all the beginners skills as outlined by the American Red Cross.

Course Outline:

- I. Water adjustment skills
- II. Hold breath 10 seconds
- III. Rhythmic breathing 10 times
- IV. Prone float and recovery
- V. Prone glide
- VI. Back glide and recovery
- VII. Survival float
- VIII. Prone glide with kick
- IX. Back glide with kick
- X. Beginner stroke or crawl stroke 15 yards
- XI. Combined stroke
- XII. Leveling off and swimming
- XIII. Jump (shallow water), swim
- XIV. Jump (deep water), level, swim
- XV. Jump (deep water), level, turn over, swim on back
- XVI. Changing directions
- XVII. Turning over
- XVIII. Release of cramp
- XIX. Assist non-swimmer to feet
- XX. Reaching and extension rescues
- XXI. Use PFD
- XXII. Demonstration of artificial respiration