

Tompkins Cortland Community College  
**Master Course Syllabus**

**Course Discipline and Number: FITN 101**  
**Course Title: Swimming I**

**Year: 2024-2025**  
**Credit Hours: 1**

**Attendance Policy:** *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

**Services for Students with Disabilities:** *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

### **Course Description**

Designed for students with little or no swimming ability. Students learn fundamental skills such as bobbing, prone and back glides, the front, back, and elementary backstroke, changing direction, treading water, jumping and diving into deep water. Special emphasis is placed on helping non-swimmers overcome fear of the water. Red Cross certification available for additional fee. 1 Cr. (2 Lab.) Fall semester.

### **Course Context/Audience**

This course satisfies an unrestricted elective requirement. However, a student may only apply one extra FITN course as an unrestricted elective. The course is appropriate for someone who wants to learn to swim or improve his or her swimming skills. This course fills the aquatic elective for the Recreation Leadership Program.

### **Basic Skills/Entry Level Expectations**

<b>Writing:</b>	W0	Course requires very limited or no writing.
<b>Math:</b>	M0	Course requires very little or no math.
<b>Reading:</b>	R0	Course does not require reading skills.

### **Course Goals**

As a result of successfully completing this course, the student will

1. Develop skills that will enable him/her to participate in water sports.
2. Develop an appreciation of the hazards presented by deep-water.
3. Acquire non-swimming life-saving skills.
4. Develop lifetime skills that increase his/her survivability in a deep-water environment.

### **Course Objectives/Topics**

<b>Objective/Topic</b>	<b># Hours</b>
Students will learn basic swimming skills in the water.	15 Hours
Students will learn the basic knowledge of safety and rescue skills in and around the water.	4.5 Hours
Students will learn to swim in deep water.	7.5 Hours

Students will learn to be relaxed in the water.	1.5 Hours
Students should learn to use the sport of swimming as a lifetime activity.	1.5 Hours

### General Education Goals - Critical Thinking & Social/Global Awareness

<b>CRITICAL THINKING OUTCOMES</b>	<b>HOW DOES THE COURSE ADDRESS THE OUTCOMES</b> (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<p>Students will be able to</p> <ul style="list-style-type: none"> <li>➤ develop meaningful questions to address problems or issues.</li> <li>➤ gather, interpret, and evaluate relevant sources of information.</li> <li>➤ reach informed conclusions and solutions.</li> <li>➤ consider analytically the viewpoints of self and others.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study-have the students critique each other, check techniques (form and function)</li> <li>➤ Demonstrations-video tape before and after, shoe progression/ Group discussions/ and individual discussions</li> <li>➤ Students will be able to feel and see the progressions from the video and critiques from others. They will increase efficiency, decrease drag and improve speed</li> </ul>
<b>SOCIAL/GLOBAL AWARENESS OUTCOMES</b>	<b>HOW DOES THE COURSE ADDRESS THE OUTCOMES</b> (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<ul style="list-style-type: none"> <li>➤ Students will begin to understand how their lives are shaped by the complex world in which they live.</li> <li>➤ Students will understand that their actions have social, economic and environmental consequences.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Diverse global population on campus not everyone is comfortable in and around water, this class will help overcome those fears</li> <li>➤ Help give people a higher quality of life and exercise experience in a safe and sustainable environment</li> </ul>

### Instructional Methods

Prior to actual water experience, students should be introduced to water adjustment skills and entry methods through lecture and demonstration. Initial and subsequent in-water experience is facilitated through the use of kick-boards, life jackets and pool edge. Some skills (e.g. back/front floating) are accomplished by working in pairs.

Media materials (films & videos) should be used to illustrate non-swimming rescue skills, survival swimming and rescue breathing. Video taping of individual students is used for skill critique and discussion.

### Methods of Assessment/Evaluation

<b>Method</b>	<b>% Course Grade</b>
Participation - 60 points (2 pts./class activity)	60%
Skills Test - 40 points (skills test)	40%

## Text(s)

### Bibliography

1. American Red Cross, Water Safety Instructor's Manual, American Red Cross (© 2004).
2. American Red Cross, Swimming and Water Safety, Participants Manual (© 2004).
3. Hines, Emmett W., Fitness Swimming, GV837.7 .H56 (© 1999).
4. Katz, Jane, Swimming for Total Fitness, GV837 .K355 (© 1993).
5. American Red Cross, Lifeguard Training (© 2001).
6. Ernest W. Maglischo, Swimming Fastest: A Comprehensive Guide to the Science of Swimming, Human Kinetics Europe Ltd (© 2002).
7. American Red Cross, 1995 Swimming and Diving (© 1995).

### Other Learning Resources

#### Audiovisual

Video: Teaching Swimming and Water Safety (ARC)  
Video: Swimming and Diving Skills (ARC)  
Video: The Reason People Drown  
Video: CPR and Rescue Breathing  
16mm film: Non-Swimming Rescue Skills  
16mm film: Survival Swimming

#### Electronic

[www.usaswimming.org](http://www.usaswimming.org) (USA Swimming)

#### Other

No resources specified