Global Learning Semesters
Course Syllabus
Course: SPSC-305 Aquatics Teaching
Department: Liberal Arts
Host Institution: Intercollege, Nicosia, Cyprus

Course Summary		
Course Code	**Course Title**	**Recommended Credit Hours**
SPSC-305	Aquatics Teaching	2
Semester Offered	**Contact Hours**	**Prerequisites**
Please contact us	42-45	SPSC-140, SPSC-230
Department	**Level of Course**	**Language of Instruction**
Liberal Arts	Upper Division	English

Course Description

Aquatics cover the teaching of the four competitive swimming strokes; front crawl, back crawl, breast stroke and butterfly. In addition, personal lifesaving strokes, side stroke and elementary back stroke are studied to prepare students to teach swimming in physical education classes. Methods of Teaching Aquatics will help students to teach, analyse and correct errors in swimming strokes, turns and entries.

Prerequisites

SPSC-140, SPSC-230

Topic Areas

1. Mechanical principles: deflection of water, Newton's Third Law of Motion, lever systems, continuity of motion, displacement of water.
2. Mechanical principles: theoretical square law, the transfer of momentum theory and the Bernoulli Principle. Test on Mechanical Principles.
3. Front crawl: skill progressions, stroke work and analysis.
4. Continue front crawl stroke analysis, stroke work. Review. Test on front crawl.
5. Back crawl: skill progressions, stroke work and analysis.
6. Continue back crawl stroke analysis, stroke work. Review. Test on back crawl.
7. Butterfly: skill progressions, stroke work and analysis.
8. Continue butterfly stroke analysis, stroke work. Review. Test on butterfly.
9. Breast stroke: skill progressions, stroke work and analysis.
10. Continue breast stroke analysis, stroke work. Review. Test on breast stroke.
11. Side stroke and elementary back stroke: skill progressions, stroke work and analysis.
12. Continue side and elementary back stroke analysis, stroke work. Review. Test on side and elementary back stroke.
13. Personal stroke evaluation. Evaluation methods for teachers of swimming.
14. Organization of students and materials in a swimming environment. Teacher movement for effective teaching of swimming.
15. Stroke analysis project. Teach a stroke to another student.

Learning Outcomes

By the end of the course the students:

1. Demonstrate through written testing and live evaluation, an understanding of:
    - The mechanical principles that apply to swimming stroke technique.
    - Front crawl swimming technique.
    - Back crawl swimming technique.
    - Breaststroke swimming technique.
    - Butterfly swimming technique.
    - Sidestroke swimming technique.
    - Elementary backstroke swimming technique.

2. Perform a technically correct version of the following aquatic skills:
    - Front crawl.
    - Back crawl.
    - Breaststroke.
    - Butterfly.
    - Side Stroke.
    - Elementary backstroke.
    - Front dive from poolside.

3. Identify learning progression for each stroke covered during class.

4. Teach a stroke technique lesson to a small group of classmates. During the lesson, demonstrate competence in the following teaching behaviour:
    - Appropriate use of feedback.
    - Prescription of appropriate practice/drill activities for the skill level of the students.
    - Analysis of teacher movement and location.
    - Organization of equipment and teaching materials.
    - Organization of learners for effective learning.
    - Use of effective demonstrations.

Assessment

Midterm Examination:	(Theory 25%)
Final Practical Examination:	(40%)
Practical Demonstration:	(25%)
Attendance and Participation:	(10%)

Readings and Resources

Required Textbooks

1. Cross, R., 1991. Teaching of Swimming. Loughborough: ASA.
2. Leonard, J. ed., 1992. Science of Coaching Swimming. Champaign, III: Human Kinetics.