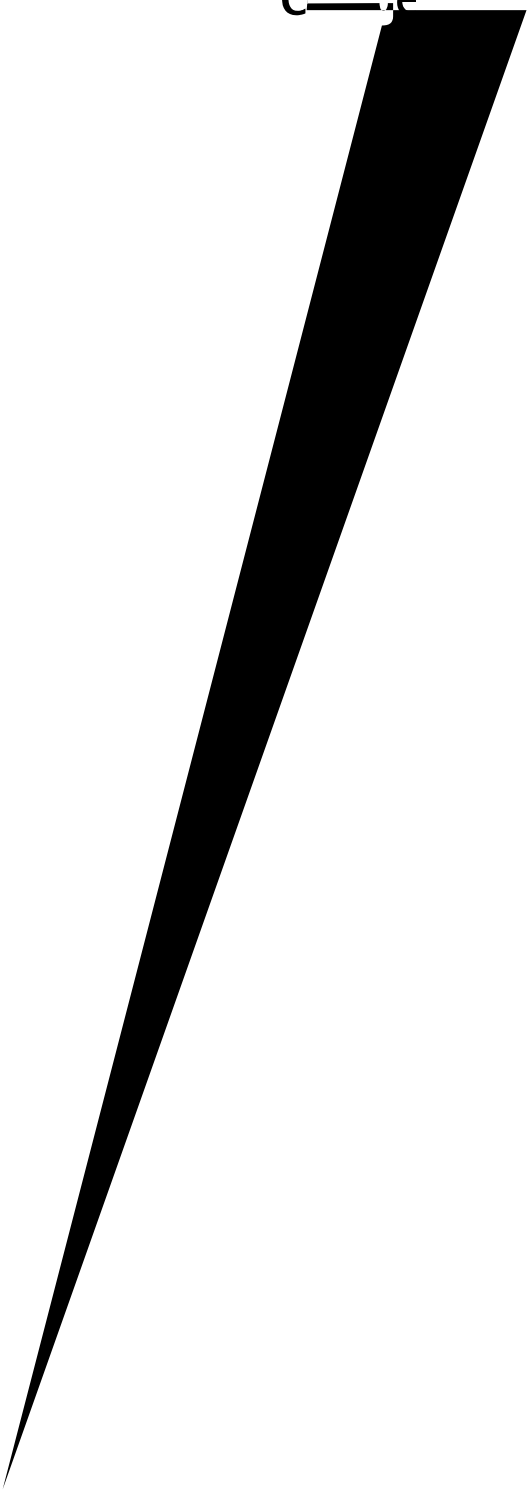


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Curve



EFFECTIVE: SEPTEMBER 2004
CURRICULUM GUIDELINES

M:	<p>Course Objectives/Learning Outcomes</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of the basic principles and kinesiology that apply to athletics and swimming 2. Demonstrate a practical knowledge of athletic skills 3. Demonstrate a practical knowledge of swimming skills 4. Demonstrate effective techniques of athletics and swimming 5. Demonstrate a theoretical and practical knowledge of warm-up and conditioning program for athletics and swimming 6. Demonstrate effective movements in athletics and swimming 7. Demonstrate a theoretical and practical knowledge of the ability to analyze the fundamental skills, techniques, and strategies of athletics and swimming 8. Demonstrate appropriate pedagogical principles for effective instruction
N:	<p>Course Content</p> <ol style="list-style-type: none"> 1. <u>Principles of Physics and Kinesiology in Athletics and Swimming</u> <p>The student will:</p> <ol style="list-style-type: none"> 1.1 Explain in kinesiological terms how to achieve human efficiency, speed and power in two distinctive environmental conditions 1.2 Explain the biomechanical principles related to proper technique and body segments utilization 2. <u>Athletic Skills</u> <p>The student will:</p> <ol style="list-style-type: none"> 2.1 Demonstrate sprint disciplines and sprint starts 2.2 Demonstrate sprint relays 2.3 Demonstrate hurdle run 2.4 Demonstrate distance run 2.5 Demonstrate high jump 2.6 Demonstrate long jump 2.7 Demonstrate triple jump 2.8 Demonstrate shot put 2.9 Demonstrate discus throw 2.10 Demonstrate javelin throw 3. <u>Swimming Skills</u> <p>The student will:</p> <ol style="list-style-type: none"> 3.1 Demonstrate crawl stroke 3.2 Demonstrate crawl stroke turn 3.3 Demonstrate back crawl kick 3.4 Demonstrate back crawl armstroke 3.5 Demonstrate backstroke turn 3.6 Demonstrate dolphin kick 3.7 Demonstrate butterfly stroke arm pull 3.8 Demonstrate butterfly stroke turn 3.9 Demonstrate breaststroke and sidestroke 3.10 Demonstrate surface dives 3.11 Demonstrate universal sculling

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N: Course Content (continued)

4. Techniques

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O: Methods of Instruction

Lecture
Discussion groups and group projects
Practical applications and experiences
Field observation
Technology assisted learning

P: