

NORTHERN NEW MEXICO COLLEGE



Course Number Course Name	PHED 1320, Aqua Fit: Swimming
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	A class for those who can swim, not for those who want to learn the basics. It involves supervised lap swimming, including some instruction in swimming for fitness. (1, 0T+1S)
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will:</p> <ol style="list-style-type: none"> 1. Understand how swimming will promote fitness and assist in expanding the lifespan. 2. Develop their strokes and skills in swimming to increase efficiency. 3. Identify obstacles to swimming and develop solutions for those obstacles
College-Wide Student Learning Outcomes	<p>PHED 1320, Aqua Fit: Swimming learning objectives align with the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> • <i>Students are required to work with distinct cultures and identities</i>