

# NORTHERN NEW MEXICO COLLEGE



<b>Course Number Course Name</b>	PHED 2310, Swimming II: Intermediate Swimming
<b>Credit Value (Breakdown of theory and lab credits)</b>	1 Studio
<b>Catalog Course Description</b>	Designed for individuals with a swimming background, this course begins with a review of beginning techniques and continues on to five swimming strokes, with an introduction to the butterfly. Emphasis is on building endurance in preparation for Lifeguard Training course. May be repeated twice for credit. Prerequisite: Must have swimming background and familiarity with basic swimming strokes. (1,0T+1S)
<b>Student Learning Outcomes/Objectives /Competencies of the Course</b>	<p><b>Student Learning Outcomes:</b> At the end of this course the student will learn to:</p> <ol style="list-style-type: none"> <li>1. Demonstrate the ability to swim the five basic strokes.</li> <li>2. Be proficient in treading water and survival floating.</li> <li>3. Demonstrate throwing, reaching, wading and equipment extension skills.</li> </ol>
<b>College-Wide Student Learning Outcomes</b>	<p>PHED 2310, Swimming II: Intermediate Swimming learning objectives align with the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> <li>• <i>Students are required to work with distinct cultures and identities</i></li> </ul>