



UNIVERSITI TEKNOLOGI MARA

SED653: AQUATIC

Course Name (English)	AQUATIC APPROVED
Course Code	SED653
MQF Credit	2
Course Description	This course is designed to provide the students with basic swimming abilities and to develop more efficient swimming skills and level of conditioning. Topics covered will include general knowledge; fundamental principles of teaching swimming; practical experience; learning and teaching progression. This course also prepares the students to qualify for bronze medal qualification
Transferable Skills	Good swimming skills
Teaching Methodologies	Lectures, Demonstrations, Practical Classes, Supervision
CLO	CLO1 Describe acceptable pool and aquatic, safety rules and procedures CLO2 Demonstrate four types of swimming strokes and a variety of water safety skills
Pre-Requisite Courses	No course recommendations
Topics	
1. General knowledge-History; The purpose of swimming; Facilities; Equipment 1.1) Water safety; Rules for safe swimming, pools.	
2. Basic Principles in Teaching Strokes 2.1) N/A	
3. Getting To Know The Water: 3.1) Pool and aquatic safety rules	
4. Blowing Bubbles (Breathing technique) 4.1) Floating ; Water confidence	
5. Learning & Teaching To Swim: 5.1) N/A	
6. Streamlined body position; Various kicking actions, Various pulling 6.1) n/a	
7. Learning and Teaching The Swimming Strokes 7.1) N/A	
8. Breaststroke; Front crawl; Backstroke; Butterfly. Body positions; Leg 8.1) n/a	
9. Learning & Teaching To Dive 9.1) N/A	
10. Sitting dive; Crouch dive; Lunge dive; Plunge dive; Plain Header; Pike 10.1) n/a	
11. Learning & Teaching The Racing Starts: 11.1) N/A	
12. Grab start; 12.1) Track start; Wind-up start; Back crawl start	
13. Learning & Teaching The Racing Turns: 13.1) N/A	

14. Front crawl tumble turn or Somersault turn; Back crawl turn; Breast st
14.1) n/a

Assessment Breakdown		%		
Continuous Assessment		100.00%		
Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Demonstration of strokes Practical presentations	30%	CLO2
	Final Test	Theory	40%	CLO1
	Presentation	Individual online presentation	30%	CLO2
Reading List	Recommended Text	<ul style="list-style-type: none"> • Jager, T. 1999, <i>Swimming</i>, Boston: WCB/McGraw-Hill • Tarpinian, S. 1996, <i>The Essential Swimmer</i>, United States of America. • Whitten, P 1994, <i>The Complete Book of Swimming.</i>, United States of America 		
Article/Paper List	This Course does not have any article/paper resources			
Other References	This Course does not have any other resources			