



UNIVERSITI TEKNOLOGI MARA

SEL352: SWIMMING

Course Name (English)	SWIMMING APPROVED
Course Code	SEL352
MQF Credit	2
Course Description	This course will introduce students to various techniques of swimming. Topics covered will include general knowledge, learning and coaching progression, training, planning and organization of swimming programme and practical experience.
Transferable Skills	Instructor, live guard and coaching events
Teaching Methodologies	Lectures, Practical Classes, Self-directed Learning
CLO	CLO1 At the end of the course, students should be able to: • identify the principles, concepts and theories in swimming (C1)(A2)(P2) • discuss fundamental principles, concepts and theories in swimming(C2)(A2)(P3) • apply concepts and principles of learning to teaching, development and performance (C3)(A3)(P3) • facilitate active learning, critical thinking and problem solving skills in behavioural analysis of basic skills in swimming (C3)(A3)(P4)
Pre-Requisite Courses	No course recommendations
Topics	
1. 1.0 General Knowledge 1.1) 1.1 History 1.2) 1.2 Type of swimming pool 1.3) 1.3 Equipment 1.4) 1.4 Water safety 1.5) 1.5 Rules swimming 1.6) 1.6 The mechanics of swimming	
2. 2.0 Getting to know the water 2.1) 2.1 Floating 2.2) 2.2 Water confidence	
3. 3.0 Learning to swim 3.1) 3.1 Streaming lined body position 3.2) 3.2 Various kicking actions 3.3) 3.3 Various pulling and pushing arm) actions 3.4) 3.4 Breathing technique 3.5) 3.5 Treading water 3.6) 3.6 Underwater swimming	
4. 4.0 Swimming strokes 4.1) 4.1 Breast stroke 4.2) 4.2 Front crawl 4.3) 4.3 Back crawl 4.4) 4.4 Butterfly body position 4.5) 4.5 Leg action 4.6) 4.6 Arm action 4.7) 4.7 Breathing timing	
5. 5.0 Learning to dive 5.1) 5.1 Sitting dive 5.2) 5.2 Crouch dive 5.3) 5.3 Lunge dive 5.4) 5.4 Plunge dive 5.5) 5.5 Plain dive	

6. 6.0 Racing start

- 6.1) 6.1 Grab start.
- 6.2) 6.2 Track start
- 6.3) 6.3 Wind-up start
- 6.4) 6.4 Back crawl start

7. 7.0 Racing turn

- 7.1) 7.1 Front crawl tumble turn or somersault turn
- 7.2) 7.2 Back crawl turn
- 7.3) 7.3 Breast stroke and butterfly turns

Assessment Breakdown		%		
Continuous Assessment		100.00%		
Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Practical	Test 1 20% Log Book 20% Practical 10% Skills Test 50% Swimming certification	100%	CLO1
Reading List	Recommended Text	<ul style="list-style-type: none"> • Thomas, D. G 2005, <i>Swimming : Steps to Success</i>, 3rd Edition Ed., Human Kinetics. • Thomas, D. G 2005, <i>Swimming : Steps to Success</i>, 3rd Edition Ed., Human Kinetics. 		
Article/Paper List	This Course does not have any article/paper resources			
Other References	<ul style="list-style-type: none"> • n/a L. Monica , C. Luis , F. Lauren 2015, <i>Assessments and Activities for Teaching Swimming</i> , Human Kinetics • n/a Hardy, C. 1987, <i>Handbook for teaches of swimming.</i>, Pelham Books. Ltd 			