



UNIVERSITI TEKNOLOGI MARA

SED454: AQUATIC SKILLS

Course Name (English)	AQUATIC SKILLS APPROVED
Course Code	SED454
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. The contents also expose students to water activities related to training and rehabilitation.
Transferable Skills	Communication Critical thinking
Teaching Methodologies	Lectures, Practical Classes
CLO	CLO1 Describe acceptable pool and aquatic, safety rules and procedures. (C2) CLO2 Demonstrate four types of swimming strokes and a variety of water safety skills
Pre-Requisite Courses	No course recommendations
Topics	
1. 1. General knowledge 1.1) • History; The purpose of swimming; Facilities; Equipment; Water safety; Rules for safe swimming; Swimming Meets	
2. 2. Pool and aquatic safety rules 2.1) • Make water safety a priority, pool safety precaution, establish and enforce rules and safe behaviors	
3. 3. Basic Principles in Teaching Strokes 3.1) • Increasing Propulsion; Decreasing Resistance; Teaching Guidelines; Stroke Coaching	
4. 4. Getting To Know The Water 4.1) • Blowing Bubbles (Breathing technique); Floating ; Water confidence.	
5. 5. Learning & Teaching To Swim: 5.1) • Streamlined body position; Various kicking actions, Various pulling and pushing (arm) actions; Treading water; Underwater swimming; Elementary Backstroke	
6. 6. Learning and Teaching The Swimming Strokes: 6.1) • Breaststroke; Front crawl; Backstroke; 6.2) • Body positions; Leg action; Arm action; Breathing; Timing	
7. 7. Learning & Teaching To Dive: 7.1) • Sitting dive; Crouch dive; Lunge dive; Plunge dive; Plain 7.2) Header; Pike dive; Swallow dive.	
8. 8. Learning & Teaching The Racing Starts 8.1) • Grab start; Track start; Wind-up start; Back crawl start.	
9. 9. Learning & Teaching The Racing Turns 9.1) • Front crawl tumble turn or Somersault turn; Back crawl turn; Breast stroke and butterfly turns.	
10. 10. Learning & Teaching Survival Swimming Basic Rescue Techniques 10.1) • Survival swimming 10.2) • Simple rescue	

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Final Test	Describe acceptable pool and aquatic, safety rules and procedures.	40%	CLO1
	Practical	Demonstrate four types of swimming strokes and a variety of water safety skills	30%	CLO2
	Presentation	Demonstrate four types of swimming strokes	30%	CLO2

Reading List	Recommended Text	<ul style="list-style-type: none"> • Lepore, M., Columna, L., & Friedlander, L. 2015, <i>Assessments and activities for teaching swimming</i>, Human Kinetics. • Guzman, R. 2017, <i>The Swimming Drill Book</i>, 2nd Ed., Human Kinetics.
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Article/Paper List	This Course does not have any article/paper resources
Other References	This Course does not have any other resources