

YORK UNIVERSITY  
**KINESIOLOGY AND HEALTH SCIENCE**  
PKIN -0200: Swimming I - Course Outline  
(Tait Pool)

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**Instructor:** Nicole Ferguson(905-510-7580) (nicoleferg1@gmail.com) Summer 2023/2024

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**Scope of Course:** This is an introduction to Learn to Swim and Water Survival Skills for those with some swimming background and ability. All swimmer will develop a sense of security and confidence in their aquatic abilities, learning basic aquatic skills and techniques. They will also learn self-rescue, related first aid and water safety for the aquatic environment.

**Prerequisite:** Some swimming ability (Note:Candidates will be screened to ensure that they eligible for the Swim PKIn.)

**Optional Texts:** (not required)  
The Canadian Lifesaving Manual. (\$35.00 each) / The Royal Life Saving Society Canada Swimmer and Adult Swimmer Award Guide. (\$15.00 each)  
Swimming and Water Safety Text. (\$38.00 each) / The Canadian Red Cross Society  
Toronto Learn to Swim Manual. (\$25.00 each) / The City of Toronto  
Safe Boating Guide (Government Publication – N/C) / Coast Guard of Canada

**Evaluation:**  
Practical Evaluation: 70% (items outlined throughout term)  
Assignment 5% (HELP Assignment – completed by end of term)  
Theory Exam: 25% (completed at end of term)

**Please Note:** **All assignments are mandatory and must be submitted as assigned by due date(s). Late assignments will result in a penalty of 10% per calendar day. Non-submission or submissions not as assigned will result in a '10' mark penalty, and loss of the 'Pass / Fail' option. Submissions not as assigned will not be graded.**

**Content and Learning Outcomes:**

A demonstrated understanding of theoretical and practical knowledge and techniques through participation, safety skills, aquatic activities, assignments, and testing (written and oral). Further, students will be able to provide practical demonstrations of skills, strokes, rescues techniques, etc. to the standards taught throughout the course through aquatic testing, hands on activities, scenarios, demonstrations, etc.

**Theory / Water Safety:** Can name, define, and show understanding of water safety rules / protocols for:  
- Personal Water Safety / Facilities Water Safety  
- Safe Behaviour / Aquatic Entries / Ice Safety / Boating Safety  
- General Water Safety / Miscellaneous water safety (swim, boat, ice, cold, etc.)  
- Self rescue skills / Aids, reaching & throwing assists, bystanders, EMS Entry  
- aquatic strokes and skills theory

**Practical Evaluation Items:**

- \* Strokes: Demonstrate competence in: - Front Crawl / Back Crawl / Breast Stroke / - Elementary Back Stroke
- \* Technical Swim: - 25 meters of each stroke to Ultra / LSS / CRC Learn to Swim standards
- \* Timed Swim: - Students will complete a timed swim. (Distance and time to be determined by the instructor. Note: The timed swim and endurance swims may be combined)
- \* Endurance Swim: - Students will swim an endurance swim. (Times and Distance to be determined by the instructor.)
- \* Entries and Exits: - Slip In, Jump In, Front Dive, Stride Jump
- \* Deep Water Skills: - Treading Water (Minimum time to be determined by instructor.)  
- Entries / Surface dives + underwater swim

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**Practical Evaluation Items:**

- \* Survival Skills:
  - self rescue skills
  - aids, reaching & throwing assists
  - miscellaneous water safety
- \* Theory:
  - aquatic strokes & skills theory
  - self rescue skills
  - aids, reaching & throwing assists.
  - miscellaneous water safety (swim, boat, PFD's, ice, cold, etc.)

Please Note: Intent is not a substitute for practical performance to accepted standards.

1. Demonstrate:
    - deep water
      - stride jump
      - front dive
    - shallow water
      - slip in
      - jump in
  2. Demonstrate: (10 meters)
    - front crawl
    - back crawl
    - breast stroke
    - sidestroke
  3. Demonstrate Technical Swim (25 meters of each stroke to Red Cross Swim Kids 10 / Ultra 9 standards)
    - front crawl
    - back crawl
    - breast stroke
    - sidestroke
  4. Timed Swim - Students will complete a timed swim. (Distance and time to be determined in class.)
  5. Endurance Swim - Students will swim an endurance swim. (Distance and time to be determined in class.)
- (Note: Times and distance will be based on student's skills and ability level as determined by the instructor.)
6. Deep Water Skills
    - treading water (Minimum time to be determined by instructor.)
    - surface dives (head first / foot first)
    - underwater swim
    - eggbeater
  7. Survival skills
    - self rescue skills
    - aids, reaching & throwing assists
    - miscellaneous water safety
  8. Theory

A suggested marking for a timed / continuous swim of 16 lengths:

8 to 10 min or less	10
10 to 12 min	9
12 to 13 min	8
13 to 14 min	7
14 to 15 min	6
15 to 16 min	5
16 to 17 min	4
17 to 18 min	3
18 to 19 min	2
19 to 20 min	1