

**Los Angeles Valley College  
Course Level Student Learning Outcomes (SLO)**

**Course Name and Number:** Physical Education 695

**Course Title:** Swimming

**Course Objectives:** (List the course objectives as they appear in the course outline of record.)

1. Perform and assess the basic swim skills: crawl, back, breast, butterfly, IM, turns, starts and finishes.
2. Identify and explain each rule that governs the basic swim strokes.
3. Describe and perform the principles of endurance, efficiency, and speed.
4. Explain and use the heart rate during swimming to monitor exercise intensity and interval training.
5. Apply, use and practice in the classroom environment the proper etiquette and concepts of teamwork, cooperation, communication, and respect for each other.
6. Differentiate between aerobic and anaerobic exercise in swimming and assess the value of both.
7. Describe how this class applies to their personal components of fitness.
8. Recognize food items in the student's personal diet in relation to the food guide pyramid.
9. Assess the risk factors involved in swimming and employ appropriate safety procedures

*Establish 1–2 course level student learning outcomes and indicate how each SLO will be assessed.*

<b>Course Level Student Learning Outcome</b>	<b>Assessment Measure</b>
Perform the principles of the crawlstroke through drills of distance (endurance), efficiency, and speed.	Pre and Post test assessments on the drills of efficiency, distance (endurance) and speed for the crawlstroke. Rubric will be used to determine the level of efficiency, distance and speed.