



DLSHSI
DE LA SALLE HEALTH SCIENCES INSTITUTE
Nurturing Life



College of Humanities and Sciences

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Local: 5007 (Dean's Secretary) | 1412 (Dean)
1345 (Dept. of Integrated Humanities and Sciences)
1408 (Dept. of Chemistry)
1115 (Chemistry Lab) | 1405 (Biology & Physics Lab)

COURSE SYLLABUS

DEPARTMENT	: Integrated Humanities and Sciences
COURSE CODE AND COURSE TITLE	: GE-PHED 103 (Aquatics)
NUMBER OF UNITS	: 2
PRE-REQUISITE	: PHED 101
CLASS DAYS AND CLASS TIME	: _____
ROOM	: _____
INSTRUCTOR/PROFESSOR	: _____
CONSULTATION HOURS	: _____

COURSE DESCRIPTION:

This course introduces the fundamental skills in swimming such as floating, threading, bubbling skills, the fundamental strokes such as freestyle, backstroke, breaststrokes, and butterfly, proper swimming conduct and the conditioning exercises. As the students' progress, more advanced techniques are learned.

LEARNING OUTCOMES:

- LO1: Higher levels of comprehension (Textual, Visual, etc.)
- LO2: Understanding of basic concepts across the domains of knowledge
- LO3: Critical, analytical and creative thinking
- LO4: Appreciation of various human conditions
- LO5: Capacity to personally interpret human experience.
- LO6: Ability to view the contemporary world from both Philippine and global perspective
- LO7: Self-assuredness in knowing and being a Filipino
- LO8: Capacity to reflect critically and shared concerns and think of innovative, creative solutions guided by ethical standards
- LO9: Ability to appreciate and contribute to artistic beauty
- LO10: Understanding and respect for human rights
- LO11: The ability to contribute personally and meaningfully to the country's development

LO12: Working effectively in a group

LO13: Ability to solve problems (including real world problems)

LO14: Knowledge of basic work related skills

LEARNING PLAN:

TOPIC/S	INTENDED LEARNING OBJECTIVES	TEACHING/LEARNING STRATEGIES	METHOD/S OF ASSESSMENT
Orientation 1. Syllabus 2. Class policies 3. Pool Usage 4. Course Requirements	Exhibit awareness and knowledge of the facilities and equipment in Swimming pool, grading system and house rules.	Establishing rapport with the class thru game entitled "Getting to Know". Discussion of the Expectations of both Professor and Students. Field observation	Presentation of Expectations
INTRO TO SWIMMING 1. History 2. Terminologies 3. Principles of Movement 4. Facilities and Equipment 5. Water Safety Rules & Guidelines in Swimming	Discuss swimming terminologies. Be acquainted with standard pool specification. Enumerate scientific principle contained in each swimming stroke. Identify different swimming events for competition.	Lecture-Discussion Inquiry-based learning Discovery learning	Written Quiz
WATER FAMILIARIZATION 1. Entering and Leaving the Pool LAND AND WATER DRILLS 1. Warm-up and Cool down 2. Breathing and Breath Holding	Exhibit self-confidence in entering the water. Acquire sense of security while in water. Perform breathing, breath holding and bobbing with ease.	Discussion/Demonstration Individual performance Buddy system Drills	Practical Tests: Skills assessment Execution of the different water drills

3. Bobbing 4. Glide			
SURVIVAL FLOATING 1. Prone Float 2. Tuck Float/Turtle Float 3. Jelly Fish Float 4. Starfish Float/Dead Man's Float	Distinguish each float from others. Acquire and practice safety learning survival techniques.	Participation during demonstration of learned skills Drills Practice of skills Part-whole method	Practical Test: Buoyancy Test
FREE STYLE (FRONT CRAWL) 1. Arm pull 2. Flutter kick FREE STYLE WITH BREATHING 1. Proper Breathing/Breathing Arm	Take part in maintaining sanitation and hygiene practices in swimming pool. Swim across a 25 m. pool using front crawl.		Leg work Arm stroke Execution of front crawl
FIRST COMPREHENSIVE ASSESSMENT			

TOPIC/S	INTENDED LEARNING OBJECTIVES	TEACHING/LEARNING STRATEGIES	METHOD/S OF ASSESSMENT
BACKSTROKE 1. Supine Float 2. Sculling 3. Inverted Flutter Kick (leg work) 4. Arm Movement	Execute backstroke properly with efficiency and ease. Acquire coordination of arms and feet in swimming backstroke. Swim across a 25 m. pool using backstroke.	Discussion/Demonstration Cooperative Learning Practice of skills Drills	Practical Test: Execution of backstroke

WATER SURVIVAL TECHNIQUES 1. Treading 2. Dog paddle 3. Side stroke	Learn the basic skills in treading and dog paddle as a means of water survival. Stay afloat in 2 minutes using one of survival technique.	Discussion/Demonstration Cooperative Learning Practice of skills Drills	Practical Test: Execution of water survival techniques
SECOND COMPREHENSIVE ASSESSMENT			

TOPIC/S	INTENDED LEARNING OBJECTIVES	TEACHING/LEARNING STRATEGIES	METHOD/S OF ASSESSMENT
BREASTROKE 1. Frog Kick 2. Arm Pull	Execute breaststroke properly with efficiency and ease. Acquire coordination of arms and feet in swimming breaststroke. Swim across a 25 m. pool using breaststroke.	Discussion/Demonstration Cooperative Learning Practice of skills Drills	Practical Test: Execution of breaststroke
Intro to BUTTERFLY 1. Body Undulation 2. Dolphin Kick 3. Arm Movement	Execute butterfly with efficiency and ease. Acquire coordination of arms and feet in swimming butterfly. Swim across a 25 m. pool using butterfly.	Discussion/Demonstration Cooperative Learning Practice of skills Drills	Practical Test: Individual execution of butterfly.
SWIMMING THE LEARNED STROKE 1. Freestyle 2. Backstroke 3. Breaststroke	Display knowledge of rules observed in swimming competition. Identify duties and responsibilities of swimming officials.	Individual performance Group performance Practice of Skills	Swimming Competition Students will decide to perform between Individual Medley and Medley Relay

	Perform strokes with improved skills, increased endurance, developed perseverance and self-confidence.		
THIRD COMPREHENSIVE ASSESSMENT			

FINAL COURSE OUTPUT:

As evidence of attaining the above learning outcomes, the students are required to do and submit the output as indicated.

LEARNING OUTCOMES	REQUIRED OUTPUT	DUE DATE
LO 1- LO 14	Perform the following skills: 1. Front Crawl 2. Backstroke 3. Breaststroke	October 2015

RUBRIC FOR ASSESSMENT:

CRITERIA	EXEMPLARY 4	SATISFACTORY 3	DEVELOPING 2	BEGINNING 1	RATING
GOD-LOVING Survival Skills	Manifest profound understanding of the importance of learning swimming by acquiring excellent execution of treading, dog paddle and different floating skills as necessary skills for life preservation.	Manifest adequate understanding of the importance of learning swimming by acquiring excellent execution of treading, dog paddle and different floating skills as necessary skills for life preservation.	Manifest some understanding of the importance of learning swimming by acquiring excellent execution of treading, dog paddle and different floating skills as necessary skills for life preservation.	Manifest no understanding of the importance of learning treading, dog paddle and different floating skills as necessary skills for life preservation.	

PERSON-ORIENTED Water Safety Awareness	Exhibit admirable care in safety of everyone/partner/self by being attentive to manage risk of drowning while performing different drills or activities in swimming.	Exhibit average care in safety of everyone/partner/self by being attentive to manage risk of drowning while performing different drills or activities in swimming.	Exhibit less care in safety of everyone/partner/self by being attentive to manage risk of drowning while performing different drills or activities in swimming.	Exhibit no care in safety of everyone/partner/self by being attentive to manage risk of drowning while performing different drills or activities in swimming.	
Execution of skills	Execute fast level of performance in the swimming strokes learned while developing sense of self-confidence, respectfulness, perseverance and sociability while partaking in aquatic activity together.	Execute moderate-fast level of performance in the swimming strokes learned while developing sense of self-confidence, respectfulness, perseverance and sociability while partaking in aquatic activity together.	Execute moderate level of performance in the swimming strokes learned while developing sense of self-confidence, respectfulness, perseverance and sociability while partaking in aquatic activity together.	Execute low level of performance in the swimming strokes learned.	
Mastery	Demonstrate the proper execution of the four basic strokes namely free style, back stroke, breaststroke and butterfly geared to be shared with compassion and humility to other learners.	Demonstrate the proper execution of at least three of the four basic strokes geared to be shared with compassion and humility to other learners.	Demonstrate the proper execution of at least two of the four basic strokes geared to be shared with compassion and humility to other learners.	Difficulty in demonstrating any of the four basic strokes.	
PATRIOTIC HEALTH PROFESSIONAL Cardio-Respiratory Endurance	Able to endure all aquatic activities with ease requiring the ability to manage stress in dealing with the human suffering that they will encounter at work.	Able to endure most of the aquatic activities with ease requiring the ability to manage stress in dealing with the human suffering that they will encounter at work.	Able to endure some of the aquatic activities with ease requiring the ability to manage stress in dealing with the human suffering that they will encounter at work.	Not able to endure any of the aquatic activities with ease.	
Involvement/ Participation	Highly participative in all the aquatic activities through coaching, competition, community involvement and	Highly participative in most of the aquatic activities through coaching, competition, community involvement and	Highly participative in some of the aquatic activities through coaching, competition, community	No involvement in any of the aquatic activities through coaching, competition, community	

	development of fitness program.	development of fitness program.	involvement and development of fitness program.	involvement and development of fitness program.	
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OTHER REQUIREMENTS AND FORMS OF ASSESSMENTS:

Aside from the final output, the students are assessed at other times during the term by the following:

1. Group report/Group presentation
2. Quizzes/Practical Test/Written Exam
3. One Research Day/Alternative Class per Term

*Rubric for each method of assessment will be used.

LEVELS OF ASSESSMENT:

PRELIMINARY/ MIDTERM		FINAL TERM	
Class Participation/Uniform	25%	Class Participation/Uniform	30%
Practical Test/Quiz/ Assignment	35%	Final Output	70%
Major Examination	40%		
TOTAL	100%		100%

REFERENCES:

Evans, J. (2007). *Total swimming*. Champaign, IL: Human Kinetics.
 Guzman, R. (2007). *The swimming drill book*. Champaign, IL : Human Kinetics
 Lucero, B. (2008). *The 100 best swimming drills*. Maidenhead: Meyer and MeyerSports.
 Royal Life Saving Society-Australia (2010). *Swimming and lifesaving: Water safety for all Australians (6th ed.)*. Chatswood, N.S.V.: Elsevier Australia.
 Salo D. and Riewald S.A.(2008). *Complete conditioning for swimming*. Champaign, IL : Human Kinetics
 Tharett, S.J. (2007). *ACSM'S health/fitness facility standards & guidelines (3rd ed.)*. USA: American College of Medicine.

CLASS POLICIES:

A. Should the students fail to submit requirements:

1. They will be given a score of zero (0) with a corresponding grade of zero percent (0%) in a requirement which is not submitted under the following conditions:
 - a. They are given a chance to make-up for the said requirement;
 - b. They are given enough time to work on the make-up requirement.
2. They will be given a score of zero (0) with a corresponding grade of zero percent (0%) in a quiz which is given during their absence, under the following conditions:
 - a. The absence is unexcused;
 - b. They are offered a make-up quiz and still fail to show-up during the given time;
 - c. They are given enough time to prepare for the make-up quiz.
3. In case the students submitted a requirement given by the instructor/professor to make-up for their lost grade, a certain percent will be deducted on their actual grade.

The deduction will be determined by the subject teacher.

- B. Students who arrive beyond the allowable time for tardiness will be allowed to enter the class but are marked absent. Attendance policies found in the Student Handbook apply.
- C. Students not wearing the prescribed PE uniform will be considered absent.
- D. Eating and drinking are not allowed inside the gym.
- E. Varsity players are excused from taking this course; however, they are required to attend 3 meetings within the prelim period.
- F. Any gym personnel and/or faculty member will be in authority over unbecoming behavior of the student; as such, incident report will be submitted to the Office of the Student Services.
- G. Cheating, tardiness and other violations would be dealt with in accordance to the provisions stipulated in the Student Handbook.
- H. Gadgets are no allowed during class hours unless needed in class discussions.

All policies (attendance, tardiness, decorum, grievances, etc.) will be subject to the provisions of the latest version of the Student Handbook.

ENDORSED:



ELLEN JOY P. PACUDAN, MA
*Cluster Coordinator,
 Health and Human Performance and Development*

RECOMMENDING APPROVAL:



ILUMINADA A. RONIO, MSc
Department Chair

APPROVED:



MARGEL C. BONIFACIO, RCh, PhD
Dean