

Practical Learning (Swimming) I

Syllabus Number

ESS-213

Elective

1 credit

HIRUMA, Eisuke

1. Course Description

This swimming class is a course designed for students who become Physical Education teacher in junior high and high school and/or licensed sports instructor. The class will initially work on water safety, aqua walking, aqua aerobics, water adjustment and comfort, and progress to floating. The students study movements and teaching skills such as treading, aquatic exercises, front crawl, backstroke, and elementary backstroke and to improve the performance of two strokes.