

Practical Learning (Swimming) II

Syllabus Number

ESS-214

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. This is a higher course of practical learning (Swimming) I. The class works on four strokes (front crawl, backstroke, breaststroke and butterfly) and swimming performance of swim multiple lengths (100 meter) without stopping. Students study start and turn of each four strokes and take a test of 100m individual medley.