

# Sports Method Training (Swimming)

Syllabus Number

0C132

General Basic Subjects

Elective 1 credit

MORITA, SYUICHI

## 1. Course Description

This course is to construct the teaching methods to teach in the health and physical education classes.

We aim to improve the students' swimming skills of 1) crawl 2) breaststroke 3) backstroke 4) butterfly.

Students will be asked to view several swimming videos on side videos by themselves in order to analyze their strokes so as to improve their abilities.

Students are encouraged to help each other to improve their strokes and skills. In addition, students will learn CPR and procedures for recovering from choking.

This course relates to learning objective 5 (liberal education)

## 2. Course Objectives

The main purposes of this course are 1) training to be able to swim the 100m individual medley in within 2 min, and 2) to learn first aid required for safety management.

## 3. Grading Policy

swimming skill task(60%) reports(40%)

## 4. Textbook and Reference

Textbook

Health and Physical Education teaching method. Shigetoshi Sugiyama other . Taishukan ISBN978-4-469-26692-4

## 5. Requirements(Assignments)

## 6. Note

## 7. Schedule

- [1] Guidance
- [2] Communication work
- [3] The history of swimming
- [4] Cardiopulmonary resuscitation method
- [5] Swimming anatomy
- [6] Swimming ability check ( 4 swimming method)
- [7] Teaching methods
- [8] Swimming training practice (crawl, backstroke, breaststroke, butterfly) pull
- [9] Swimming training practice (crawl, backstroke, breaststroke, butterfly) kick
- [10] Swimming training practice (crawl, backstroke, breaststroke, butterfly) timing
- [11] Swimming training practice (crawl, backstroke, breaststroke, butterfly) combination
- [12] Swimming training practice (crawl, backstroke, breaststroke, butterfly) speed
- [13] Individual medley (practice turn)
- [14] Individual medley( practice start)
- [15] Summary Practical examination 100 m Individual medley (time limit 2 min)