

General Course Information

Course Name: Advanced Aquatics	
Department: PE	Grade Level(s): 10-12
Duration/Credits: one semester/ .5 credit	Prerequisites: Successful completion of Beginning Aquatics or teacher approval
BOE Approval Date:	Course Code H8065
Course Description:	
Advanced Aquatics is designed for students who have already mastered basic aquatic skills to improve individual fitness through knowledge and performance of aquatic skills. Students in Advanced will learn butterfly and breaststroke, as well as focusing on advanced water safety and rescue skills. Emphasis will be on safety and skills to promote swimming as a lifetime recreational pursuit. Students in Advanced Aquatics may have the opportunity to earn lifeguard certification.	
Course Rationale:	
This course is designed for students with prior swimming experience who want to improve their cardio endurance and technique. Swimming is a lifetime fitness activity.	
Course Objectives:	
<ul style="list-style-type: none">• The student will set goals and tread water for a sustained period of time.• The students will research and read about improving technique to develop proficiency in freestyle, backstroke, butterfly, and breaststroke. (A+ Reading)• The student will discuss and demonstrate various water safety skills such as rescue skills, water safety skills and accident prevention techniques, enabling them to become water safe. (A+ Speaking and Listening)• The students will increase cardio endurance through lap swimming.• The student will develop a workout program to improve fitness. (A+ Writing and Research)	
Standards Alignment:	
National PE Standards - Shape America	