

## General Course Information

<b>Course Name: Basic Aquatics</b>	
Department: Physical Education	Grade Level(s): 10-12
Duration/Credits: 1 semester/.5 credit	Prerequisites: None
BOE Approval Date:	Course Code H8060
<b>Course Description:</b>	
Basic Aquatics is designed to address the needs of those students identified as non-swimmers or beginning level swimmers. Emphasis will be on safety and basic swimming skills to promote swimming as a lifetime recreational pursuit.	
<b>Course Rationale:</b>	
Water safety is a crucial life skill. This course will allow students to become more comfortable in the water through learning basic swimming strokes and safety skills. It is designed for beginner swimmers to learn and grow in the water.	
<b>Course Objectives:</b>	
<p>The student will calculate target heart rate and will adjust to keep heart rate in the target zone to maintain a healthy fitness level.</p> <p>The student will learn to tread water.</p> <p>The student will be proficient in the freestyle, backstroke, and sidestroke.</p> <p>The student will research, read about, and practice various water safety skills, such as rescue skills and accident prevention techniques, enabling them to become water safe. (A+ Reading and A+Research)</p> <p>The student will develop written plans and engage in various water workouts to promote their cardiovascular fitness.(A+ Writing)</p> <p>The student will present basic water rescue skills and techniques to increase water safety knowledge. (A+ Speaking and Listening)</p>	
<b>Standards Alignment:</b>	