

YORK UNIVERSITY  
**KINESIOLOGY AND HEALTH SCIENCE**  
PKIN 0295: Pre Swim I - Course Outline  
(Tait Pool)

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**Scope of Course:** This is an introduction to Learn to Swim and Water Survival Skills for those with little or no swimming background or ability. The beginning swimmer will develop an awareness of the aquatic environments and a sense of security in their own aquatic abilities. They will learn basic aquatic skills and techniques as well as safety, self -rescue, and water safety for the aquatic participant.

**Prerequisite:** None (Note:Candidates will be screened to ensure that they are eligible for the PreSwim PKIn.)

**Optional Texts:** The Canadian Lifesaving Manual. (\$40.00 each) ~ The Royal Life Saving Society Canada Swimmer and Adult Swimmer Award Guide. (\$18.00 each) ~ The Royal Life Saving Society Canada / Swimming and Water Safety Text. (\$40.00 each) ~ The Canadian Red Cross Society Safe Boating Guide (Government Publication - N/C) / Coast Guard of Canada  
(Not required)

**Evaluation:**

Practical Evaluation:	70%	(items outlined)
Assignment	5%	
Theory Exam:	25%	

**All assignments are mandatory and must be submitted as assigned by due date(s). Late assignments will result in a penalty of 10% per calendar day. Non-submission or submissions not as assigned will result in a '10' mark penalty, and loss of the 'Pass / Fail' option. Submissions not as assigned will not be graded.**

**Content and Learning Outcomes:**

A demonstrated understanding of theoretical and practical knowledge and techniques through participation, safety skills, aquatic activities, assignments, and testing (written and oral). Further, students will be able to provide practical demonstrations of skills, strokes, rescues techniques, etc. to the standards taught throughout the course through aquatic testing, hands on activities, scenarios, demonstrations, etc.

**Theory / Water Safety:** Can name, define, and show understanding of water safety rules / protocols (I.E. can explain how, when, where,why, etc.) for:

- Personal Water Safety
- Facilities Water Safety
- Safe Behaviour
- Aquatic Entries
- Ice Safety
- Boating Safety
- General Water Safety
- Self rescue skills
- Aids, reaching & throwing assists
- EMS entry, bystanders

**Practical Skills:**

- Explores environment:
- Comes to facility in acceptable attire
- Completes a safety orientation
- Recognizes facility danger areas
- Can locate facility safety equipment and personnel

**Entries:**

- Enters the aquatic facility
- Sits with feet in the pool / Splashes
- Safety Slip In to shallow water
- Jump into shallow water
- Safety Slip into deep water

## Pre Swim I - Course Outline (page 2)

### Content: (con't)

- Entries:
- Jump In to deep water
  - Performs a Sit Dive
  - Performs a kneeling dive
  - Performs any other entry

- Survival Skills:
- Self rescue skills
  - Aids, reaching & throwing assists
  - EMS entry, bystanders
  - Floating / treading water

#### Submersion and Breath Control

- Submerges to ears
- Submerges holding nose
- Opens eyes underwater (without goggles)
- Submerges and blows bubbles from nose
- Submerges and blows bubbles from mouth
- Holds breath for: 3 sec. 5sec. 10sec.
- Does repeated bobs: x3 x5 x10
- Sits on bottom

- Floatation Skills:-
- Relaxed front float with assistance (I.E belt)
  - Relaxed front float with face in or out of water
  - Relaxed front float (Face in water)
  - Relaxed back float with assistance (I.E belt)
  - Relaxed back float
  - Treading water / Floating (2 Minutes)

#### Movement Skills / Strokes: Demonstrate competence

- Front swim and with assistance (I.E belt / flippers)
- Polar Bear swim with assistance (I.E belt / flippers)
- Polar Bear swim with flippers
- Polar Bear swim
- Back swim with assistance (I.E belt / flippers)
- Back swim with flippers
- Back swim
- Front Crawl
- Back Crawl / Elementary Back Stroke

Technical Swim - Jump into deep end of pool and swim (any stroke) 4 lengths (100 meters) of the pool and then tread water for 2 minutes

- b) without assistance
- c) This is a continuous activity without rests / stops to earn the Swim to Survive marks

Demonstrate stroke competence by swimming 25 meters of each stroke to Ultra / LSS / CRC Learn to Swim standards

- :
- Front Crawl
  - Back Crawl / Elementary Back Stroke

Endurance Swim: - Students will swim a Swim to Survive endurance swim. (i.e. - LSS Swim to Survive Swim)

**Practical Evaluation:** The above items will be evaluated by the Instructor during class at non-designated times. Teachings and / or evaluation of items missed due to absence (for any reason) are the students' problem. Repeat teachings or evaluations of items are not normal procedure.

Items not attempted or incomplete can result in a failing grade.

**Pleae Note:** Intent is not a substitute for performance to standards.