

The Chinese University of Hong Kong P.E. Unit

Intermediate Swimming Course Content (Elective)

| Week | Session 1 | Session 2 |
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| 1 | <ol style="list-style-type: none"> 1. Reminder for students 2. Introduction to course content 3. Introduction to water safety and personal hygiene | <ol style="list-style-type: none"> 1. Water Test (Swim a 100m non-stop, any stroke) 2. Revision on front crawl (arm stroke and kicking coordination) |
| 2 | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Revision on front crawl (Rhythmic kicking, pulling, and breathing coordination) 3. Introduction to backstroke kicking 4. Backstroke kicking for a short distance | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Revision on breaststroke (Rhythmic kicking, pulling, and breathing coordination) 3. Backstroke kicking practices 4. Introduction to backstroke pulling exercises |
| 3 | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Revision on front crawl and breaststroke (Rhythmic breathing, kicking and pulling coordination) 3. Further pulling practices in backstroke | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Revision on front crawl and breaststroke 3. Rhythmic kicking and pulling in backstroke |
| 4 | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Backstroke practices 3. Introduction to turning (backstroke to backstroke) 4. Introduction to butterfly kicking | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl, breaststroke, and backstroke practices 3. Introduction to turning (backstroke to breaststroke) 4. Butterfly kicking practices by pool side or with kickboard |
| 5 | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl, breaststroke, and backstroke practices 3. Butterfly kicking practices by pool side or with kick boards 4. Butterfly kicking practices in water by holding breath for a short period | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl, breaststroke, and backstroke practices 3. Butterfly kicking practices 4. Introduction to butterfly pulling |
| 6 | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl, breaststroke, and backstroke practices 3. Further practices on butterfly kicking and pulling 4. Rhythmic butterfly kicking and pulling coordination (short distance swimming exercises with breath holding) | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl, breaststroke, and backstroke practices 3. Butterfly breathing and pulling coordination 4. Coordinating kicking, pulling, and breathing rhythmically for three cycles 5. Butterfly practices |
| 7 | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl, breaststroke, backstroke, and butterfly practices 3. Introduction to turning (Butterfly to backstroke) 4. Diving | <ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl, breaststroke, backstroke, and butterfly practices 3. Diving |
| 8 | Examination | Examination |
| 9 | Examination | Examination and course evaluation |