

The Chinese University of Hong Kong P.E. Unit

Swimming Course Content

Week	Session 1	Session 2
1	<ol style="list-style-type: none"> 1. Reminder for students 2. Introduction to course content 3. Introduction to water safety and personal hygiene 4. Water awareness, water confidence and breathing control exercises 5. Prone floating exercise in shallow water 	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Introduction to flutter kick 3. Onshore kicking practices 4. Kicking practices in water by pool side or with kick boards
2	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Further kicking practices in water by pool side or with kick boards 3. Kicking practices in water with breath holding for a short distance 	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Further kicking practices 3. Introduction to front crawl pulling 4. Pulling exercises in water while standing or walking
3	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Further kicking practices 3. Further pulling practices 4. Rhythmic kicking and pulling coordination (short distance swimming exercises with breath holding) 	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Breathing exercises for front crawl 3. Breathing and pulling coordination 4. Rhythmic breathing, kicking and pulling coordination
4	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl practices 3. Introduction to water treading and practices 	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl practices 3. Introduction to breaststroke kicking 4. Breaststroke kicking practices on land 5. Breaststroke kicking practices in water by pool side or with kick boards
5	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl practices 3. Breaststroke kicking practices in water by pool side or with kick boards 4. Breaststroke kicking practices in water by holding breath for a short period 	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Further breaststroke kicking practices 3. Introduction to breaststroke pulling 4. Pulling exercises in water while standing or walking
6	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl practices 3. Further practices on breaststroke kicking and pulling 4. Rhythmic breaststroke kicking and pulling coordination (short distance swimming exercises with breath holding) 	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Breaststroke breathing exercises 3. Breathing and pulling coordination 4. Coordinating breathing, kicking and pulling rhythmically for three cycles 5. Breaststroke practices
7	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl practices 3. Breaststroke practices 4. Diving 	<ol style="list-style-type: none"> 1. Preparatory exercises on land 2. Front crawl practices 3. Breaststroke practices 4. Diving
8	Examination	Examination
9	Examination	Examination and course evaluation