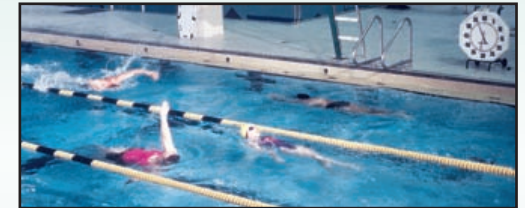




- Front crawl, 100 yards
- Back crawl, 100 yards
- Breaststroke, 50 yards



- Front crawl open turn
- Sidestroke open turn
- Backstroke open turn



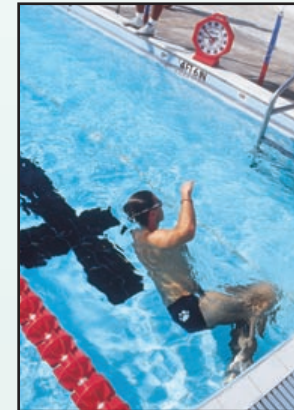
- Demonstrate etiquette in fitness swimming
- Use a pace clock
- Use a pull buoy while swimming
- Use fins while swimming
- Use paddles while swimming



- Elementary backstroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards



- Front flip turn
- Breaststroke turn
- Butterfly turn
- Backstroke flip turn



- Describe the principles of setting up a fitness program
- Demonstrate various training techniques
- Calculate target heart rate
- Apply principles of water exercise

Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

- Pre-assessment:
- Cooper 12-minute swim test.
- Exit Skills Assessment
1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
  2. Cooper 12-minute swim test, compare results with the pre-assessment results.