The Chinese University of Hong Kong P.E. Unit Swimming Course Content

Week	Session 1	Session 2
1	1. Reminder for students	1. Preparatory exercises on land
	2. Introduction to course content	2. Introduction to flutter kick
	3. Introduction to water safety and personal	3. Onshore kicking practices
	hygiene	4. Kicking practices in water by pool side or
	4. Water awareness, water confidence and	with kick boards
	breathing control exercises	
	5. Prone floating exercise in shallow water	
2	Preparatory exercises on land	Preparatory exercises on land
	2. Further kicking practices in water by	2. Further kicking practices
	pool side or with kick boards	3. Introduction to front crawl pulling
	3. Kicking practices in water with breath	4. Pulling exercises in water while standing
	holding for a short distance	or walking
	Preparatory exercises on land	Preparatory exercises on land
	2. Further kicking practices	2. Breathing exercises for front crawl
3	3. Further pulling practices	3. Breathing and pulling coordination
	4. Rhythmic kicking and pulling	4. Rhythmic breathing, kicking and pulling
	coordination (short distance swimming	coordination
	exercises with breath holding)	
4	1. Preparatory exercises on land	1. Preparatory exercises on land
	2. Front crawl practices	2. Front crawl practices
	3. Introduction to water treading and	3. Introduction to breaststroke kicking
	practices	4. Breaststroke kicking practices on land
		5. Breaststroke kicking practices in water by
		pool side or with kick boards
5	1. Preparatory exercises on land	1. Preparatory exercises on land
	2. Front crawl practices	2. Further breaststroke kicking practices
	3. Breaststroke kicking practices in water	3. Introduction to breaststroke pulling
	by pool side or with kick boards	4. Pulling exercises in water while standing
	4. Breaststroke kicking practices in water	or walking
	by holding breath for a short period	
6	1. Preparatory exercises on land	1. Preparatory exercises on land
	2. Front crawl practices	2. Breaststroke breathing exercises
	3. Further practices on breaststroke kicking	3. Breathing and pulling coordination
	and pulling	4. Coordinating breathing, kicking and
	4. Rhythmic breaststroke kicking and	pulling rhythmically for three cycles
	pulling coordination (short distance	5. Breaststroke practices
	swimming exercises with breath holding)	1
7	1. Preparatory exercises on land	1. Preparatory exercises on land
	2. Front crawl practices	2. Front crawl practices
	3. Breaststroke practices	3. Breaststroke practices
	4. Diving	4. Diving
8	Examination	Examination
9	Examination	Examination and course evaluation