

Sports Elective 1

Course Title	Sports Elective 1		
Course Code	GEN135	Course Type	Core Foundation
Credit	3	Contact Hours	45
Prerequisites	None	Co-Requisites	None
Duration	15 weeks	Class Type	Practice

SolBridge GACCS Objectives	%	Learning Objectives
1. Global Perspective	25	1. Swimming types
2. Asian Expertise	20	
3. Creative Management Mind	40	
4. Cross Cultural Communication	5	
5. Social Responsibility	10	

Course Description

In this course, students will be introduced to the concepts of swimming. Students will learn the basics of how can people swim and what are the skills of swimming.

Learning and Teaching Structure

The instructor of Coursera will take charge of the assessment of this course. The coordinator will apply SolBridge Grading Allocation system to give grades to students based on their scores from Coursera.

Assessment	%	Text and Materials
Attendance	20	None
Homework	20	
Exam 1	20	
Exam 2	20	
Exam 3	20	

Course content by Week

1-2	Introduction/Orientation
3-4	Acquiring Water/ Breathing (um/pa)
5	Free Style kick (using kick board)
6	Free Style kick & Free Style pull
7	(Catch Push Recovery Entry)
8	Free Style Combination
9	Back Stroke Kick
10	Back Stroke Pull
11	Back Stroke Pull & Back Stroke Kick
12	Back Stroke Pull (Using helper)
13	Back Stroke Combination
14	Back Stroke Combination
15	FINAL EXAM