

VALUE ADDITION COURSE

Wade for Fun, Swim for Health &Toil for Glory

Name of the Certification: **Wade for Fun, Swim for Health &Toil for Glory**

Duration: 21 Hours

Venue: Vimala College International Aquatics Academy

Instructors

Angel C Francis

Hrudhu K U

Course Outcomes:

- To teach the students the basic skills for becoming a good swimmer
- To use swimming for health and fitness and recreational activities
- To understand lifesaving techniques of swimming

General Outline of Topics Covered

Basic swimming skills –submerging, jumping, floating, locomotion & breathing -

Swimming pool rules and regulations

Safety and Sanitation of swimming pools

General and specific warm up on land and in water

Limbering down

Development of basic endurance inswimming .

Teaching different strokes in swimming.

Recreational activities: Minor Games, Aqua Aerobics.

Types of Assignments:

Swimming performance ability test- Speed test and Endurancetest.