LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK

DEPARTMENT OF EXERCISE SCIENCES AND RECREATION

CURRICULUM CHANGE

1. **Type of change:** New Course

2.

Department(s)	Exercise Sciences and Recreation
Career	[X] Undergraduate [ ] Graduate
Academic Level	[X] Regular [ ] Compensatory [ ] Developmental [ ] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 251
Course Title	Beginner Swimming
Description	Basic water safety and basic swimming skills instruction such as entry, submersion, floating, breathing techniques, and an introduction to basic swimming strokes.
Pre/ Co Requisites	
Credits	1
Hours	1
Liberal Arts	[ ] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	__X_ Not Applicable ____ Required ____ English Composition ____ Mathematics ____ Science ____ Flexible ____ World Cultures ____ US Experience in its Diversity ____ Creative Expression ____ Individual and Society ____ Scientific World

3. **Rationale:**

Aquatics is a large component of the leisure and recreation industry, and this course will provide beginner water safety and swimming skills to students going into the field. The course will also serve as a valuable elective to non-major students, filling a need in the campus community for a credit-bearing water safety education.

4. **Learning Outcomes (By the end of the course students will be expected to):**
   - Identify and apply fundamental principles of water safety to reduce the risk of drowning and promote safe participation in aquatic environments.
   - Demonstrate safe methods of entering, exiting, submerging, and recovering to the surface in both shallow and deep water.
   - Demonstrate basic buoyancy and body-control skills, including front and back floating, gliding, rolling, and transitioning between vertical and horizontal positions.
   - Demonstrate effective breathing techniques for swimming, including rhythmic and rotary breathing coordinated with basic aquatic movement.
   - Maintain a safe position in deep water through appropriate floating and treading-water techniques.
   - Demonstrate coordinated arm and leg movements associated with foundational swimming skills and strokes, including front crawl, breaststroke, and elementary backstroke.
   - Perform basic swimming strokes over designated distances while demonstrating appropriate body position, breathing, propulsion, and coordination.
   - Demonstrate basic personal water-survival and water-competency skills by integrating water entry, surface recovery, floating or treading, orientation, swimming, and exiting the water.
   - Recognize common aquatic emergencies and demonstrate appropriate basic responses, including calling for help and performing reaching and throwing assists without unnecessarily entering the water.
   - Select and properly fit an appropriate life jacket and explain its role in personal water safety and drowning prevention.

5. **Date of Departmental Approval:** 10/06/2026

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Career	[X] Undergraduate [ ] Graduate
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Subject Area	Recreation Education
Course Prefix & Number	REC 252
Course Title	Intermediate Swimming
Description	Fundamental swimming skills through instruction in stroke development and refinement, breathing techniques, surface dives, treading water, underwater swimming, turns, and increased swimming endurance. Students will also develop intermediate water safety and personal survival skills.
Pre/ Co Requisites	Departmental consent
Credits	1
Hours	1
Liberal Arts	[ ] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	__X_ Not Applicable ____ Required ____ English Composition ____ Mathematics ____ Science ____ Flexible ____ World Cultures ____ US Experience in its Diversity ____ Creative Expression ____ Individual and Society ____ Scientific World

3. **Rationale:**
Aquatics is a large component of the leisure and recreation industry, and this course will provide intermediate water safety and swimming skills to students going into the field. The course will also serve as a valuable elective to non-major students, filling a need in the campus community for a credit-bearing water safety education.

4. **Learning Outcomes (By the end of the course students will be expected to):**
- Apply intermediate water safety principles and practices to promote safe participation in aquatic environments.
- Demonstrate effective breathing and underwater swimming techniques, including rotary breathing and controlled underwater swimming without hyperventilation.
- Perform feet-first, tuck, and pike surface dives using appropriate body position and control.
- Demonstrate sustained water-treading techniques using multiple kicking methods and both full-body and legs-only techniques.
- Demonstrate proficient front crawl, breaststroke, and elementary backstroke with appropriate body position, breathing, arm action, kicking, and coordination over increased distances.
- Demonstrate the fundamental techniques of back crawl and sidestroke with appropriate body position, propulsion, and coordination.
- Perform appropriate open and flip turns while swimming selected strokes to efficiently change direction and continue swimming.
- Demonstrate increased swimming endurance and water competency by completing sustained swimming activities using multiple strokes and efficient turns.
- Demonstrate personal water-survival techniques, including appropriate use of life jackets and the HELP and huddle positions.
- Identify appropriate responses to aquatic emergencies, including drowning-prevention and survival principles and the basic steps of CPR.

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Academic Level	[X] Regular [ ] Compensatory [ ] Developmental [ ] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 253
Course Title	Advanced Swimming
Description	The course will build upon existing swimming skills through advanced stroke development and refinement, efficient turns, increased swimming endurance, and the application of swimming as a form of physical fitness and conditioning.
Pre/ Co Requisites	Departmental Permission
Credits	1
Hours	1
Liberal Arts	[ ] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	__X_ Not Applicable ____ Required ____ English Composition ____ Mathematics ____ Science ____ Flexible ____ World Cultures ____ US Experience in its Diversity ____ Creative Expression ____ Individual and Society ____ Scientific World

3. **Rationale:**
Aquatics is a large component of the leisure and recreation industry, and this course will provide advanced water safety and swimming skills to students going into the field. The course will also serve as a valuable elective to non-major students, filling a need in the campus community for a credit-bearing water safety education.

4. **Learning Outcomes (By the end of the course students will be expected to):**
- Demonstrate advanced proficiency in the front crawl, incorporating effective body position, breathing, arm action, kicking, and coordination over sustained istances.
- Demonstrate advanced proficiency in the back crawl, incorporating effective body position, arm action, kicking, and coordination over sustained distances.
- Demonstrate advanced proficiency in the breaststroke, incorporating effective body position, breathing, arm action, kicking, and coordination over sustained distances.
- Demonstrate appropriate butterfly stroke technique, including coordinated body movement, arm action, kicking, and breathing.
- Perform appropriate open and flip turns while maintaining efficient body position, momentum, and stroke continuity.
- Demonstrate increased cardiovascular and muscular endurance through sustained swimming using multiple strokes and distances.
- Apply principles of stroke efficiency and pacing to improve swimming performance and conserve energy during sustained swimming.
- Integrate multiple swimming strokes and turns into continuous swimming activities designed to develop overall aquatic fitness.
- Apply basic principles of fitness and conditioning to swimming to develop safe and effective aquatic exercise routines.
- Assess personal swimming performance and identify strategies for improving stroke technique, efficiency, endurance, and overall aquatic fitness.

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Academic Level	[X] Regular [ ] Compensatory [ ] Developmental [ ] Remedial
Subject Area	Recreation Education
Course Prefix & Number	REC 254
Course Title	Lifeguarding
Description	This course is designed to prepare students with the knowledge and skills necessary to prevent, recognize, and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses. Through the American Red Cross Lifeguarding program, NOTE: To earn American Red Cross Lifeguarding certification, students must attend and participate in all required course sessions and activities, demonstrate proficiency in all required skills, successfully complete all final skill assessments, and pass the final written examination with a minimum score of 80%.
Pre/ Co Requisites	Departmental Permission
Credits	3
Hours	3
Liberal Arts	[ ] Yes [X] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	__X_ Not Applicable ____ Required ____ English Composition ____ Mathematics ____ Science ____ Flexible

	____ World Cultures ____ US Experience in its Diversity ____ Creative Expression ____ Individual and Society ____ Scientific World

3. **Rationale:**
Aquatics is a large component of the leisure and recreation industry, and this course will provide a vital training and certification in Lifeguarding, CPR/AED for Professional Rescuers, and Standard First Aid to students going into the field. The course will also serve as a valuable elective to non-major students, filling a need in the campus community for a credit-bearing water safety and water rescue education.

4. **Learning Outcomes (By the end of the course students will be expected to):**
- Explain the roles, responsibilities, professional expectations, and legal considerations associated with professional lifeguarding.
- Identify and apply principles of preventive lifeguarding, including effective surveillance, scanning, patron recognition, rotations, and maintenance of a safe aquatic environment.
- Recognize the behaviors and characteristics of swimmers in distress and active and passive drowning persons and determine an appropriate course of action during an aquatic emergency.
- Demonstrate safe and effective water rescue techniques for distressed, active, passive, and submerged persons using appropriate entries, approaches, assists, and rescue methods.
- Demonstrate appropriate extrication techniques, including rapid extrication and procedures for managing suspected head, neck, and spinal injuries.
- Perform rapid and secondary assessments and provide appropriate emergency care for breathing emergencies, sudden illnesses, injuries, and other first aid emergencies occurring in aquatic environments.
- Demonstrate high-quality CPR, AED use, ventilations, and obstructed-airway care for adults, children, and infants using appropriate professional-rescuer equipment and techniques.
- Apply an emergency action plan and demonstrate effective communication, decision-making, and teamwork during individual and multiple-rescuer emergency response scenarios.
- Integrate surveillance, rescue, extrication, assessment, resuscitation, and first aid skills to respond safely and effectively to simulated aquatic emergencies.
- Demonstrate the knowledge and skill proficiency required for American Red Cross Lifeguarding certification, including successful completion of required final skill assessments and the final written examination with a minimum score of 80%.

5. **Date of Departmental Approval:** 10/06/2026