

**Name of the Course:** Swimming

**LTP structure of the course:** 1-0-1

**Course Plan:**

<b>Component</b>	<b>Unit</b>	<b>Topics for Coverage</b>
Component 1	Unit 1	Safety and sanitary rules, Submerging, Bobbing, Jumping, Gliding, Locomotion, General warming Up, Flexibility exercises and endurance training
	Unit 2	Technical Analysis of Butterfly Stroke, Free Style, Back Stroke, Breast Stroke, Swimming Rules, Life Saving Methods
Component 2	Unit 3	Free hand exercises/calisthenic exercises, Development of basic endurance, Development of basic strength, speed and flexibility, Flip turn in crawl and back, Starts and turns in free and back, Practice on life saving
	Unit 4	Water polo match, and diving, advanced techniques of water polo, Individual, group and team tactics in offense and defense