

## SOPHOMORE SWIMMING - UNIT 1 - STUDY GUIDE

Body balance is essential in the performance of each and every swim stroke. We use a **teeter-tauter** to compare body balance or center of buoyancy in the water.

Proper **freestyle body balance** includes:

- Head in the water, Hips at the surface of the water
- Kicking with a straight leg, Feet at or slightly below the water surface

Proper **backstroke** technique includes:

- Keeping your head back, Keeping your hips up
- Continuously moving both of your arms,
- Thumb comes out of the water first, Pinkie goes in the water first.

Proper **elementary backstroke** includes:

- An underwater recover, A legal Breaststroke kick
- A glide to ensure proper timing,
- A balanced body position with the head back and the hips and chest at the surface.

If work were measured in heartbeats, **elementary backstroke** would cost us the **least number of heartbeats**.

To help increase cardiovascular endurance, we participate in fitness swims once a week.

The **three objectives** that we try to meet in the freshman swimming unit are:

- Fitness**
- Safety**
- Fun in an aquatic environment (learn how to swim and be comfortable in the water.)**

To ensure **proper timing** when performing the elementary backstroke the kick and the pull must be done simultaneously which results in a **glide**.

Freestyle and backstroke have an 'out of water' arm recovery while elementary backstroke has 'under water recovery'.

When talking about the propulsive action of a kick, the **upward portion of the backstroke(back crawl) kick is the more propulsive**.

An easy way to remember the proper hand position when performing the arm pull in the backstroke is; 'thumb out, pinkie in'.

The **five fitness components** that are always referenced throughout this swimming unit, as well as the entire NVHS Physical Education curriculum are:

- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Body composition
- Flexibility

**Principle of Overload** states: When increased demands are placed upon systems of the body, those systems will become stronger.