



Davao del Sur State College
Brgy. Matti, Digos City, Davao del Sur

PE 604 Physical Activity Towards Health and Fitness PATHFIT IV: Individual and Dual Sports Swimming



PREFACE

This course pack is designed to guide students in understanding and developing fundamental skills in swimming and aquatic sports as part of physical education. It aims to build a strong foundation in water-based activities by integrating knowledge, practical skills, and safety awareness. Through this material, learners will enhance their physical fitness, coordination, and confidence while promoting responsible participation in aquatic environments.

The contents are organized into modules that follow the progression of aquatic learning.

These include understanding aquatic activities, applying water safety and survival skills, developing basic swimming techniques, performing fundamental strokes, and exploring aquatic sports and fitness. Each module presents clear learning objectives, structured activities, and reflection tasks that encourage learners to think critically and apply their knowledge in real-life situations.

This course pack also emphasizes the importance of safety, discipline, and proper technique in all aquatic activities. Learners are introduced to essential safety guidelines, survival strategies, and responsible behaviors necessary to prevent accidents and ensure a positive learning experience.

It is hoped that this course pack will serve as a valuable guide throughout your learning journey, helping you become a confident, skilled, and safety-conscious participant in swimming and aquatic sports.

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