

# HESA 215 Performance Scales

## **Stroke Analysis**

Students are tested on five strokes; 1) front crawl, 2) back crawl, 3) breaststroke, 4) elementary backstroke, 5) sidestroke. The instructor evaluates form for correct body/head position, correct kick pattern, correct arm/pull pattern, correct body roll if applicable, correct breathing techniques, and overall strength/efficiency of the stroke.

## **Performance Swim**

Students are tested for the successful completion of a 350 yd (7 lap) swim using any combination of the five strokes which have been taught. Students are instructed to avoid touching the bottom of the pool and to minimize time turning at the wall.

## **Deep Water Skills**

Deep water skills include the ability demonstrate survival floating techniques and the ability to tread water for 15 minutes. Student is tested on the ability to perform a dive entry from the side of the pool.