Swimming

Medical Make up Assignment

Format

3 pages minimum

Double spaced

12 point Times New Roman

MLA Format – will be graded from a MLA rubric

Works Cited Page

Topics (Each topic must be covered in the paper)

1. Describe the main 6 swimming strokes and describe in detail how to execute each one properly.(front crawl, back crawl, breast stroke, elementary backstroke, sidestroke, butterfly)
2. Describe how a high school swim meet is laid out:
3. What are the events?
4. How long are the different events?
5. How does the scoring work for each team?
6. Describe proper diving safety:
7. What are the proper cues to remember when diving?
8. What are some of the dangers of diving?
9. Find an example of someone who was injured while diving, what happened?
10. Find an example of a swimming fitness workout plan and attach it to your paper. (Lay out one week of the workout)
11. What are the benefits of using swimming to work out?