

ATHL A242: SWIMMING TEAM - WOMEN'S

| Item | Value |
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| Curriculum Committee Approval Date | 12/08/2021 |
| Top Code | 083550 - Intercollegiate Athletics |
| Units | 3 Total Units |
| Hours | 162 Total Hours (Lab Hours 162) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | Yes; Repeat Limit 3 |
| Grading Policy | Standard Letter (S), • Pass/No Pass (B) |
| Associate Arts Local General Education (GE) | • OC Life Skills - Activity - AA (OE2) |
| California State University General Education Breadth (CSU GE-Breadth) | • CSU E2 Activity Course (E2) |

Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Utilize proper technique necessary to compete at the intercollegiate level.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Develop and improve skills and knowledge necessary for intercollegiate athletic competition in swimming.
- 2. Develop a personal commitment to athletic excellence.
- 3. Participate and compete effectively as a member of a team.
- 4. Demonstrate ability to set and obtain goals for personal and team improvement.
- 5. Apply the concept of accountability to both their teammates and themselves.
- 6. Recognize the importance of nutrition and how it relates to maximizing peak physical condition.
- 7. Exhibit traits of successful people including goal setting, dedication and hard work.

Lab Content

To improve and develop more consistency in all aspects of swimming. To improve and become more knowledgeable in tactical swimming. 1. Emphasizes improvement in freestyle swimming skills. 2. More efficiency and consistency in: a. Hand placement b. Stroke extension c. Head position d. Flutter kick e. Body rotation f. Streamline 3. Fundamental starts 4. Introduction to turns 5. Emphasizes improvement in non-freestyle strokes a. Stroke mechanics b. Non-freestyle starts and turns 6. Education in event strategies 7. Breath control 8. Improvement and consistency in: a. Starts b. Turns c. Streamlined. Finishers e. Body position 10. Psychology 11. Meet situations/simulations 12. Relays – advanced strategies

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture and discussion, video analysis, modeling, stroke analysis, swimming practice sessions, meet situation lessons.

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Proficiency demonstration of swimming skills, starts, turns, streamline, individual recognition of event tactics, written and oral assignments on swimming rules and techniques.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Participation, successful performance, and demonstration of swimming/stroke skills in practice and meets.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of swimming skills, starts, turns, streamline, individual recognition of event tactics, written and oral assignments on swimming rules and techniques.

Other Resources

1. NCAA Rule Guide
2. Articles related to the sport; handouts on sport skills.

Lecture Content