

# ATHL G254: SWIMMING TEAM - MEN

Item	Value
Curriculum Committee Approval Date	03/19/2019
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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Formerly: PE G252. This course is for students who have successfully auditioned for the GWC Intercollegiate swimming team; eligibility auditions will be held during the first week of class. Students must be enrolled in twelve units during the semester in which they participate. Students may enroll in this course four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Develop skills necessary for intercollegiate athletics competition in swimming.
3. Develop a personal commitment to athletic excellence.
4. Compete as a member of the swimming team.
5. Apply the concept of accountability to both their teammates and themselves.
6. Exhibit traits of successful people including goal setting, dedication, and hard work.

## Course Objectives

- 1. Utilize proper technique necessary to compete in swimming at the intercollegiate level.
- 2. Demonstrate commitment to excellence, fair play and personal responsibility through participation in intercollegiate athletic swimming.
- 3. Perform, analyze, synthesize and execute race strategies that are developed over the course of the season.

## Lecture Content

## Lab Content

1. Orientation to Team Requirements and Participation a. Academics, sportsmanship, cooperation and self-discipline b. Team goals, conference championships, invitational competition and state championships c. Individual goals d. Leadership e. Team camaraderie f. Self-esteem through improvement 2. Individual Skills a. Starts, turns, and finishes for each stroke b. All strokes with emphasis on specialty strokes c. Conditioning d. Aerodynamics of swimming e. Understanding the difference in the use of the kick in long distance and short distance swimming 3. Rules a. Governing the stroke b. Eligibility Of competition 4. Treatment and Care of Injuries 5. Application of Above to Intercollegiate Competition 6. Relationship of nutrition and physical activity a. Elements of proper diet i. Fats ii. Carbohydrates iii. Protein iv. Minerals and vitamins 7. Time management 8. Interpret COA eligibility requirements 9. Matriculation rules 10. Graduation requirement 11. Exercise science a. ATP (sprint training) b. Aerobic training c. Anaerobic d. Aerobic pace e. Anaerobic threshold f. Fuel sources during training 12. Psychology of winning

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Video analysis, modeling, skills demonstration and skills analysis, race scenario lessons.

## Reading Assignments

CCCAA Constitution; NCAA Rule Guide; Articles related to the sport; handouts with sport specific content.

## Writing Assignments

## Out-of-class Assignments

## Demonstration of Critical Thinking

Comparison of student ability, video analysis, analysis of statistics.

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of athletic skills. Demonstration of offensive and defensive strategies.

## Eligible Disciplines

Coaching: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## Manuals Resources

1. CCCAA. The California Community College Athletic Association Constitution and Bylaws,, CCCAA , 09-04-2018