

KIN A231: SWIMMING FOR FITNESS - LEVEL 2

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
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

Explains the theories and teaches the intermediate and advanced skills necessary to achieve cardiovascular fitness through swimming. Introduction to the use of pace clocks, Heart Rate Target - Zone training, hand paddles and pool safety are emphasized. Swimming programs are designed to attain desired levels of cardiovascular efficiency. This is not a swim technique class. PREREQUISITE: Ability to swim, comfortable in deep water; This skill will be validated the first week of class. ADVISORY: KIN A131. 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. Demonstrate the ability to swim the individual medley, including the four legal racing strokes as defined by U.S. Swimming.
2. Explain the role that continued aquatic exercise training plays in cardiovascular conditioning level and body composition.

Course Objectives

- 1. Demonstrate improvement in cardiovascular fitness by completion of 20 minute pre-test and post-test
- 2. Identify how exercise releases tension, promotes relaxation and better nutrition
- 3. Demonstrate the use of a pace clock in regards to training
- 4. Demonstrate the use of Heart Rate Target – Zone training
- 5. Design an individual 45 minute swim workout
- 6. Completion of ¼, ½, ¾, and 1 mile swims

Lecture Content

Orientation and Introduction Instructor Introduction, background and experience Class expectations Review of swim workout etiquette Swim Equipment, proper use and training theory Pace clock Heart Rate Training Zones Hand paddles Role of Exercise Release of Tension Promotes relaxation Promoting better nutrition Fitness and conditioning Advanced Stretches Advanced Cardiovascular training Advanced Endurance training Advanced Strength training Advanced Speed “Fartlek” training Skills / strokes Freestyle with flip turns Backstroke Brest stroke Butterfly Use of pace clock training Training at proper Heart Rate Training Zone

Lab Content

After lecture, students will participate in training activities using the following swimming strokes: Freestyle with flip turns Backstroke Brest stroke Butterfly

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture, Lab, Skill Demonstration, Video Analysis

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Develop and submit an individual 45 minute swim workout.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Students must be able to write and perform a 30 minute swim workout

Required Writing, Problem Solving, Skills Demonstration

Students must be able to demonstrate the understanding of proper technique in the four primary strokes

Eligible Disciplines

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.

Other Resources

1. Instructor handouts.