

KIN A232: SWIMMING 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)

Course Description

Instruction and practice in intermediate to advanced techniques of freestyle, breast stroke, backstroke, and butterfly. Instruction and execution of thorough breathing skills, pulling ability and kicking propulsion while improving cardiovascular endurance. ADVISORY: KIN A132. 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. Jump in the pool, swim under water and float for 5 minutes
2. Swim 25yards of freestyle, backstroke, breaststroke and butterfly

Course Objectives

- 1. Float on stomach, back and side
- 2. Tread water for 5 minutes using scissor, breaststroke and eggbeater kick
- 3. Kick with a kickboard on stomach, back and side
- 4. Swim 25 yards of freestyle without breathing
- 5. Jump in pool from a height of 1 meter
- 6. Perform proper technique for freestyle, backstroke, and breast stroke
- 7. Explain the physical principles which allow a person to swim
- 8. Compare and contrast different strokes and efficiency for endurance swimming
- 9. Swim underwater 10 yards

Lecture Content

I. Introduction to class Objectives of class attendance, promptness, participation Safety considerations related to swimming all four strokes and diving off a board II. Principles of swimming – Balance and timing of swimming through efficiency of motion; streamlining the body to better understand the benefits of reducing drag III. Use of advanced training fins (Zoomers or PDF) and use of lightweight kickboard IV. Freestyle

arm stroke and advanced sculling motion underwater; understanding momentum in the water V. Breathing mechanics and timing - one side, two sides. Understanding tempo and rhythm of stroke rate VI. Backstroke, kicking on back with rolling motion from side to side VII. Specific refinements in backstroke, freestyle, and breathing techniques VIII. Understanding benefits of breaststroke; how to kick and scull IX. The power and beauty of the butterfly stroke; Introducing the Dolphin kick and how to use it for the butterfly stroke X. Value and purpose of treading water to conserve energy; implementation of sculling motion and coordination of scissor, breaststroke and eggbeater kick

Lab Content

I. Skills evaluation of the four strokes and of diving skills II. Floating; freestyle kick - use of legs and feet to stay balanced in the water while on stomach, back and side III. Floating - head, arms and legs; positions change center of gravity Kicking: with/without board; with/without fins; on back IV. Freestyle arm stroke: with fins; with pull buoy; coordination of sculling motion and the pulling phase of stroke; demonstrating gliding on surface as far as possible V. Freestyle swimming with/without fins –Demonstrating balance during the breath and rolling motion of the stroke. Counting strokes and implementing a continuous stroke rate VI. Movement and technique of Backstroke arms to kicking Drills with/ without fins; practice staying balanced on back and both sides of body VII. Continued practice of backstroke Freestyle and breathing techniques Additional sets for endurance Continuous swimming Endurance (lap) swimming Treading in deep water VIII. Introducing the kick and sculling motion of breaststroke; practice the timing of when to pull, breath, kick and glide while swimming the breaststroke IX. Learning to kick with feet together and understanding the power required to use kick as propulsion. Kicking with fins and kick board 0 0 1 210 1199 Orange Coast College 9 2 1407 14.0 Normal 0 false false false EN-US JA X-NONE t"/> dden="false" UnhideWhenUsed="false" Name="Medium Grid 3 Accent 1"/> > ="71" SemiHidden="false" UnhideWhenUsed="false" Name="Colorful Shading Accent 2"/> ed="false" Priority="73" SemiHidden="false" UnhideWhenUsed="false" Name="Colorful Grid Accent 3"/> /> " UnhideWhenUsed="false" QFormat="true" Name="Book Title"/> /* Style Definitions */ table.MsoNormalTable {mso-style-name:"Table Normal"; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-priority:99; mso-style-parent:; mso-padding-alt:0in 5.4pt 0in 5.4pt; mso-para-margin:0in; mso-para-margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:12.0pt; font-family:Cambria; mso-ascii-font-family:Cambria; mso-ascii-theme-font:minor-latin; mso-hansi-font-family:Cambria; mso-hansi-theme-font:minor-latin; } X. Moving to deep water students will practice sculling to stay afloat while using the scissor, breaststroke and eggbeater kicks to keep head above water.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Reading Assignments

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

Writing Assignments

Submission and summary of aquatic related articles.

Out-of-class Assignments

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

Demonstration of Critical Thinking

Students will be able to explain and discuss the basic to intermediate elements of the strokes

Required Writing, Problem Solving, Skills Demonstration

Demonstration of various skills related to swimming, kicking and sculling in the water

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. Selected handouts from Instructor