

PE G111: SWIMMING

| Item | Value |
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| Curriculum Committee Approval Date | 11/17/2020 |
| Top Code | 083500 - Physical Education |
| Units | 1 Total Units |
| Hours | 54 Total Hours (Lab Hours 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) |
| Local General Education (GE) | • GWC Lifelong Understanding (GE) |
| California State University General Education Breadth (CSU GE-Breadth) | • CSU E2 Activity Course (E2) |

Course Description

This course will provide swimming instruction and practice in basics of freestyle, breast stroke, and backstroke, as well as breathing skills, while improving cardiovascular endurance. 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. Demonstrate ability to advance swimming skills to other aquatic activities.
3. Improve cardiorespiratory fitness, flexibility, and strength as measured by swim tests.
4. Design swim workouts that utilize interval training skill taught.
5. Practice swimming for cardiorespiratory fitness which can be continued for life-long health.

Course Objectives

- 1. Demonstrate the ability to maintain floatation for an extended period of time and be "water safe" under all normal circumstances.
- 2. Demonstrate the ability to properly do all of the basic swimming strokes.
- 3. Perform individual strokes and swimming skills to gain maximum efficiency in the water.

(endurance) Flutter kick Dolphin kick Breaststroke kick Lane swimming etiquette Swim terminology Reading the pace clock Aerobic/anaerobic workouts Performance Testing Understand fundamentals of swimming Relationship of nutrition and physical activity Elements of proper diet Fats Carbohydrates Vitamins and minerals Protein Fuel sources during training Exercise science Energy zones ATP (sprint swimming) Aerobic training Aerobic pace Anaerobic training Anaerobic threshold

Method(s) of Instruction

- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Instructional Techniques

Lecture; discussion; instructor demonstration; evaluation; instructor feedback; student demonstration; handouts

Reading Assignments

Students will conduct reading of the text and/or instructor handouts

Writing Assignments

Activity journal; goal setting; reflection paper

Out-of-class Assignments

Demonstration of Critical Thinking

Written assignments; activity journal; personal fitness program; demonstration of learned skills

Required Writing, Problem Solving, Skills Demonstration

Goal setting and activity journal; proper application of exercise prescription

Eligible Disciplines

Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required. 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 to be provided and distributed by the instructor.

Lecture Content

Lab Content

Introduction Treading water Sculling Swim, turn, float Elementary backstroke Sidestroke Breast stroke Crawl stroke Backstroke / back crawl Underwater swim Diving Breath control Safety Conditioning