

CATALOG INFORMATION

Dept and Nbr: PHYED 20 Title: SYNCHRONIZED SWIMMING
Full Title: Synchronized Swimming
Last Reviewed: 2/10/2003

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	17	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 34 - 4 Enrollments Total
Also Listed As:
Formerly: PE 2.5

Catalog Description:
An introduction into the basic concepts of synchronized swimming.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KAQUA 1.2 (or PHYED 12.2 or PE 2.3 or PE 101.2)

Limits on Enrollment:

Schedule of Classes Information:
Description: An introduction into synchronized swimming. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of KAQUA 1.2 (or PHYED 12.2 or PE 2.3 or PE 101.2)
Limits on Enrollment:
Transfer Credit:
Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: Area
CSU GE: Transfer Area

Effective: Inactive:
Effective: Inactive:

IGETC: Transfer Area

Effective: Inactive:

CSU Transfer: Effective:

Inactive:

UC Transfer: Effective:

Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of the course, the student will be able to:

1. Demonstrate efficiency in use of water skills
 - a. Sculling
 - b. Float pattern
 - c. Treading water (egg beater style)
2. Demonstrate adequate proficiency in use strokes
 - a. Front crawl
 - b. Back crawl
 - c. Side stroke
 - d. Breast stroke
 - e. Hybrid stroke
3. Perform "figures" from:
 - a. USSS rule book
 - b. Hybrid figures
4. Choreograph and swim a simple synchronized routine of 2-1/2 - 5 min. with music of choice.

Topics and Scope:

A. Students will review and demonstrate intermediate swimmer skills

1. Strokes - front, back, breast, side
2. Other aquatic skills
 - a. treading water
 1. use of "egg beater" kick
 - b. sculling
 1. using arms only - on front, back, forward, backward
 - c. floating
 1. in and out of patterns
 - d. attached/tandem swim
 - e. surface dive
 - f. underwater swim
 - g. dive/jump from deck and boards

B. Students will perform drills for strengthening muscles used in synchronized swimming.

1. Upper body - arms, chest, upper back
 - a. rubber band stretches
 - b. pressure rises
2. Abdominal area
 - a. floor exercises
3. Leg exercises
 - a. in and out of water
 1. use of weights
 2. stretches
 3. pressure rises
4. Swimming - staying with partner(s)
 - a. strokes - heads up
 - b. kicks - up to down
 - c. use of arms doing other than conventional strokes
- C. Synchronized Swimming Skills
 1. Positions
 - a. pike, tuck, layout
 1. front and back
 - b. verticals
 - c. twists, turns, spins
 1. 360
 2. 180
 2. Figures - once called stunts, tricks
 - a. use of United States Synchronized Swim Rule Book video demonstration, other texts, demonstration by experienced students and/or instructors
 - b. hybrid figures - combinations
- D. Designing a synchronized routine
 1. Design techniques
 - a. figures to be learned, practical
 - b. drills described
 2. Video and/or demonstration
 3. Drills for synchronized routine
 - a. on deck
 1. stretches
 - a. use different positions (on mats)
 - b. rubber bands
 - c. weights
 - b. in water
 1. strokes
 - a. heads up with partner(s)
 2. kicks
 3. egg beater
 4. Figures
 - a. at least four different stations
 1. one figure/station
 - a. move clock-wise every 5-10 minutes
 2. some new, some review
 5. Floats
 - a. in groups
 1. changing patterns
 2. moving patterns

6. Swim to Music
 - a. free swim alone
 - b. with partner(s)
 - c. choreographed

Assignment:

a

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Short answers

Exams
20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation.

Other Category
40 - 60%

Representative Textbooks and Materials:

a