

KAQUA 1.2 Course Outline as of Fall 2023**CATALOG INFORMATION**

Dept and Nbr: KAQUA 1.2 Title: INTERMEDIATE SWIMMING

Full Title: Intermediate Swimming

Last Reviewed: 12/12/2022

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	5	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: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 12.2

Catalog Description:

This class consists of intermediate swim strokes that include the front crawl, back crawl, side stroke, breaststroke, butterfly, and elementary backstroke. In addition to swimming, this class also includes basic water safety skills and knowledge leading to safe practices while in, on, or about the water.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KAQUA 1.1

Limits on Enrollment:**Schedule of Classes Information:**

Description: This class consists of intermediate swim strokes that include the front crawl, back crawl, side stroke, breaststroke, butterfly, and elementary backstroke. In addition to swimming, this class also includes basic water safety skills and knowledge leading to safe practices while in, on, or about the water. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 1.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1981
		Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981
		Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Perform at an intermediate swimming level.
2. Demonstrate proper body position during intermediate strokes.
3. Apply standard water safety procedures and guidelines.

Objectives:

At the conclusion of this course, the student should be able to:

1. Utilize proper mechanics for front crawl, back crawl, breaststroke, sidestroke, butterfly, and elementary backstroke.
2. Develop a personalized conditioning program.
3. Improve cardiovascular fitness.
4. Demonstrate proper use of standard pool rescue equipment.

Topics and Scope:

I. Basic Water Skills

A. Floating

1. Front
2. Back
3. Turning front to back

B. Treading water/rotary kick

C. Sculling

1. On front
2. On back

II. Stroke Refinement

A. Crawl stroke

1. Flutter kick

- 2. Pulling
 - 3. Breathing
- B. Back crawl
 - 1. Flutter kick
 - 2. Pulling
 - 3. Roll and breathing
- C. Breaststroke
 - 1. Whip kick
 - 2. Pulling
 - 3. Timing and breathing
 - 4. Glide
- D. Elementary backstroke
 - 1. Pull and kick coordination
 - 2. Glide
- E. Sidestroke
 - 1. Scissors kick
 - 2. Pull
 - 3. Glide
- III. Turns
 - A. Open turns
 - 1. Front
 - 2. Back
 - B. Introduction to racing turns
 - 1. Flip turn
 - 2. Breaststroke pull down
- IV. Introduction to Butterfly Swim
 - A. Dolphin kick
 - B. Pull
 - C. Stroke coordination
- V. Diving
 - A. Surface dives
 - 1. Tuck
 - 2. Pike
 - 3. Feet first
 - B. Entries
 - 1. Kneeling dive from side
 - 2. Standing dive from side
 - 3. Long, shallow dive
 - 4. Diving from low board
 - 5. Stride jump
- VI. Safety Skills
 - A. Diving board safety
 - B. Rescue breathing
 - 1. Open airway
 - 2. Assess breathing
 - C. Recognition of spinal injuries
 - D. Introduction to Cardiopulmonary Resuscitation (CPR)
 - E. Use of rescue equipment
 - 1. Ring buoy
 - 2. Shepherd's crook
 - 3. Other available equipment

Assignment:

1. Skill demonstrations of intermediate strokes
2. View American Red Cross Swimming Strokes Video
3. Progress journal
4. Quizzes

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.

Progress journal

Writing
10 - 20%

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.

Skill demonstrations

Skill Demonstrations
20 - 30%

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

Quizzes

Exams
20 - 30%

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

Attendance and participation

Other Category
40 - 50%

Representative Textbooks and Materials:

American Red Cross Swimming and Diving Skills video
Instructor prepared materials