

CATALOG INFORMATION

Dept and Nbr: ATHL 33

Title: MEN'S VARSITY SWIM/DIV

Full Title: Men's Varsity Swimming & Diving

Last Reviewed: 2/25/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 64

Catalog Description:
Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies.

Prerequisites/Corequisites:
Health and Safety.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)
Prerequisites/Corequisites: Health and Safety.
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

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

Outcomes and Objectives:

The student will:

I. SWIMMING

- A. Have developed advanced level skills and fundamentals for competition.
- B. Have the knowledge to understand and analyze team and individual concepts and strategies of intercollegiate competition.
- C. Have the knowledge and understanding about physical conditioning required for intercollegiate competition.
- D. Have the knowledge to develop their own conditioning and practice program necessary for competition.
- E. Understand fundamental nutrition for athletic participation.

II. DIVING

- A. Ability to perform required and optional dives.
- B. Diving table.
- C. Elements of diving.
 - approach
 - flight
 - entry
- D. Body movements and control.

Topics and Scope:

I. PRESEASON PRACTICE ROUTINE

- A. Physical Conditioning - muscular, cardiovascular.
- B. Introduction and review of basic swim stroke fundamentals.
- C. Review and repetition of team concepts.
- D. Individual and group training techniques.
- E. Starts, turns, and finishing techniques

II. PRE-CONFERENCE PRACTICE MEETS

- A. Intersquad meet.
- B. Individual races-plan tactics.

- C. Race plan vs opponent.
- D. Physical conditioning.
- E. Individual fundamental review.

III. CONFERENCE COMPETITION

- A. Analyzing competition.
- B. Individual and team concept review.
- C. Opponent scouting report and race plan tactics.
- D. Film analysis - self and team.
- E. Physical conditioning.

IV. POST CONFERENCE COMPETITION

- A. Individual and team tactics review.
- B. Qualification to State Championships.
- C. Top level fitness.
- D. Sophomore placement to four year schools.

Assignment:

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
25 - 60%

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

None

Exams
0 - 0%

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

ATTENDANCE

Other Category
25 - 60%

Representative Textbooks and Materials: