

PHYED 20 Course Outline as of Fall 2005

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: CSU;UC.  
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:** Transferable      Effective:      Spring 1998      Inactive:      Fall 2010

**UC Transfer:** Transferable      Effective:      Spring 1999      Inactive:      Fall 2010

**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:

### 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: