ATHL 34 Course Outline as of Fall 2011

CATALOG INFORMATION

Dept and Nbr: ATHL 34 Title: WOMEN VAR SWIM/DIV
Full Title: Women's Varsity Swimming and Diving
Last Reviewed: 2/25/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	3.00	Lab Scheduled	6.00	17.5	Lab Scheduled	105.00
		Contact DHR	0		Contact DHR	0
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00 Total Student Learning Hours: 105.00

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	34 - 4 Enrollments Total
Also Listed As:	
Formerly:	PE 90

Catalog Description:
Practice for and participation in intercollegiate swimming and diving; emphasizing swimming and diving skills, fundamentals and strategies.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:
By Tryout

Schedule of Classes Information:
Description: Practice for and participation in intercollegiate swimming and diving; emphasizing swimming and diving skills, fundamentals and strategies. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment: By Tryout
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:
Upon completion of this course, students will be able to:
1. Demonstrate individual fundamental skills pertaining to swimming and/or diving.
2. Demonstrate and apply practical and general knowledge of the sport of swimming and/or diving and its rules.
3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated competition situations.
4. Demonstrate the ability to work with a team unit and develop team concepts.
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

1. Individual fundamental skills and conditioning
   A. Agility
   B. Coordination
   C. Reaction
   D. Muscular strength
   E. Muscle and cardiovascular endurance
2. Practical and general knowledge of swimming and/or diving and its rules
   A. Practice drills
   B. Competition situations
3. Concepts and race/performance strategies
   A. Swimming events
   B. Diving events
   C. Team personnel
4. Team development and goals
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

In-class work may include:
1. Film analysis
2. Note taking and training journal
3. Physical training and conditioning
4. Practice and competition in swimming and/or diving
5. Establishing team goals
6. Quizzes

Fieldwork may include:
1. Scouting report analysis
2. Training journal analysis
3. Intercollegiate competition
4. Repeating students demonstrate an increased level of performance.

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.

Journals and quizzes	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.

Season perfomance and post-season performance	Skill Demonstrations 30 - 40%

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

Multiple choice, true/false	Exams 20 - 30%

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

Attendance, participation, and film analysis	Other Category 30 - 40%

Representative Textbooks and Materials:
Instructor prepared materials