KAQUA 1.4 Course Outline as of Fall 2012

CATALOG INFORMATION

Dept and Nbr: KAQUA 1.4 Title: COMPETITIVE SWIMMING Full Title: Training for the Competitive Swimmer Last Reviewed: 4/27/2020

Units		Course Hours per Week	Ν	br of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	2	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	22 - 4 Times in any Comb of Levels
Also Listed As:	
Formerly:	ATHL 6

Catalog Description:

Training program designed to develop skills and physical fitness needed for competitive swimming.

Prerequisites/Corequisites:

Recommended Preparation: Course Completion of KAQUA 2.3 (or PHYED 13.3 or PE 1.3)

Limits on Enrollment:

By tryout first day of class

Schedule of Classes Information:

Description: Training program designed to develop skills and physical fitness needed for competitive swimming. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Course Completion of KAQUA 2.3 (or PHYED 13.3 or PE 1.3) Limits on Enrollment: By tryout first day of class Transfer Credit: CSU;UC. Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area			Effective: Effective:	Inactive: Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2006	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2006	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

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

- 1. Identify the major elements of training and racing at a competitive level.
- 2. Explain and demonstrate physical conditioning for competitive swimming using water and dryland activities.
- 3. Describe the basic physiological effects of competitive swimming.
- 4. Demonstrate the four competitive strokes (butterfly, back, breast, and free).
- 5. Construct a pre-season, mid-season and peak season training program.
- 6. Compete in competitive swimming events.

Topics and Scope:

- I. Theoretical information
 - A. Physical preparation for competitive swimming
 - 1. Dry land cross-training to prevent injury, develop strength and enhance cardio performance.
 - 2. Nutrition
 - 3. Hydration
 - B. Training for competition
 - 1. Pre-season base training
 - 2. Midseason conditioning: race and stroke specific training
 - 3. Taper training
 - 4. Peak season training/race preparation
 - 5. Constructing training programs
 - C. Physiological effects of competitive swimming
 - 1. Body composition
 - 2. Cardio vascular performance
 - 3. Flexibility
 - 4. Muscular endurance
 - 5. Muscular strength

- D. How to become involved and participate in competitive swimming
 - 1. Intercollegiate swimming
 - 2. Master's swimming
 - 3. In-class swim meets
 - 4. Open water swimming
 - 5. Trialatholons
- II. Physical training and skill development
 - A. Water conditioning and endurance methods
 - 1. Aerobic training
 - 2. Anaerobic training
 - 3. Stroke technique training
 - 4. Distance specific training
 - 5. Interval training
 - B. Dry land training methods
 - 1. Cardio vascular activities (e.g. jumping rope)
 - 2. Stretching
 - 3. Resistance training with bands and medicine balls
 - C. The four competitive strokes
 - 1. Butterfly
 - 2. Back stroke
 - 3. Breast stroke
 - 4. Freestyle
 - D. Race Strategies
 - 1. Warm-up
 - 2. Starts and turns
 - 3. Pacing
 - 4. Water entry for triathalon training
 - 5. Finish
 - 6. Cool down/recovery
- III. Mental Discipline and Training
 - A. Goal setting
 - B. Commitment
 - C. Recording and assessing personal progress and times

Assignment:

In class assignments:

- 1. Conditioning exercises for competitive swimming (class performance)
- 2. Practice strokes and competitive training sets (class performances)
- 3. Weekly test sets (performance exams)
- 4. Maintain log of individual test set results
- 5. One midterm quiz and a comprehensive final on theoretical aspects of competitive swimming

Outside assignments

- 1. Practice dry land conditioning exercises for approximately one hour per week on off days
- 2. Write comments and reflections on performance in log of test set results

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.

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

None

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

Class performances, Performance exams

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

Multiple choice, True/false, Short answer

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

Attendance and participation; test set log

Representative Textbooks and Materials:

Instructor prepared materials

Wri	iting
0 -	0%

Problem solving 0 - 0%

Skill Demonstrations 20 - 40%

> Exams 10 - 20%

Other Category 40 - 60%