

**KAQUA 2.3 Course Outline as of Fall 2013****CATALOG INFORMATION**

Dept and Nbr: KAQUA 2.3 Title: ADVANCED AQUATIC FITNESS

Full Title: Advanced Aquatic Fitness

Last Reviewed: 12/12/2023

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	6	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: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 13.3

**Catalog Description:**

This class consists of advanced aquatic fitness exercises, advanced swim strokes that include the freestyle, backstroke, breaststroke, butterfly, and advanced aquatic conditioning techniques. This class will introduce how to develop a training and conditioning program through the use of aquatic fitness exercises, advanced swim strokes, and advanced aquatic conditioning techniques.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of PHYED 13.1

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

Description: This class consists of advanced aquatic fitness exercises, advanced swim strokes that include the freestyle, backstroke, breaststroke, butterfly, and advanced aquatic conditioning techniques. This class will introduce how to develop a training and conditioning program through the use of aquatic fitness exercises, advanced swim strokes, and advanced aquatic conditioning techniques. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 13.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

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

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 1992	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Spring 1992	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon successful completion of this course, students will be able to:

1. Practice advanced aquatic fitness exercises for complete body conditioning
2. Utilize proper swimming mechanics at an advanced level
  - A. Freestyle
  - B. Backstroke
  - C. Breaststroke
  - D. Butterfly
  - E. Flip turns
3. Develop an advanced personalized conditioning program
4. Participate in advanced conditioning, stretching, and drills applicable to aquatic fitness
5. Improve cardiovascular endurance through the use of interval and aerobic training
6. Repeating students must demonstrate increased depth and breadth of advanced skills, with new learning objectives

### **Topics and Scope:**

- I. Advanced Aquatic Fitness Exercises
  - A. Upper body
  - B. Core
  - C. Lower body
- II. Advanced Stroke Development
  - A. Freestyle
    1. Refine elements of bilateral breathing
    2. Utilize core balancing drills and techniques to increase power of stroke
    3. Incorporate flip turn and kick out into stroke
  - B. Backstroke

1. Refine elements of long axis rotation
2. Utilize core balancing drills and techniques to increase power of stroke
3. Incorporate flip turn and kick out into stroke
- C. Breaststroke
  1. Refine all elements of stroke technique and timing
  2. Refine streamline glide position
  3. Incorporate breaststroke turn and pull down into stroke
- D. Butterfly
  1. Refine all elements of stroke technique and timing
  2. Develop power of dolphin kick
  3. Incorporate butterfly turn and kick out into stroke
- G. Turns
  1. Open Turns
  2. Flip Turns
  3. Kick outs and breaststroke pull downs
- H. Starts
  1. Introduction to racing starts off the blocks
  2. Introduction to break outs and transitions into the swimming strokes
- III. Advanced Training and Conditioning
  1. Interval training
  2. Aerobic training
  3. Anaerobic training
  4. Dryland training
  3. Test Sets
- IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### Assignment:

1. View American Red Cross and USA Swimming Strokes Videos
2. Progress journal
3. Quizzes (2 to 4)
4. Test Sets
5. Repeating students must 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.

Progress journal
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Writing 10 - 20%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None
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Problem solving 0 - 0%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skill performances, performance exams (test sets)

Skill Demonstrations  
20 - 30%

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

Quizzes: multiple choice, True/false

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:**

Instructor prepared materials