KAQUA 1.4 Course Outline as of Fall 2014

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		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	2	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:	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: Two Repeats if Grade was D, F, NC, or NP

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 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.	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 answer	Exams 10 - 20%

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

Attendance and participation; test set log	Other Category 40 - 60%

Representative Textbooks and Materials:
Instructor prepared materials