

ATHL 34 Course Outline as of Spring 2015**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	0	17.5	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 52.50

Total Student Learning Hours: 157.50

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:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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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 performance 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:

Salo, D. (2008) Human Kinetics; Complete Conditioning for Swimming (Classic)
Instructor prepared materials