

KAQUA 1.3 Course Outline as of Fall 2016**CATALOG INFORMATION**

Dept and Nbr: KAQUA 1.3 Title: ADVANCED SWIMMING

Full Title: Advanced Swimming

Last Reviewed: 12/12/2023

Units	Course Hours per Week	Nbr of Weeks	Course Hours Total
Maximum 1.50	Lecture Scheduled	0	Lecture Scheduled 0
Minimum 1.50	Lab Scheduled	3.00	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 12.3

Catalog Description:

This class consists of advanced swim strokes that include the front crawl, back crawl, breaststroke and butterfly. In addition to swimming, this class also includes basic water safety skills and knowledge of advanced swimming skills to work toward a higher level of cardiovascular fitness.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of PHYED 12.2

Limits on Enrollment:

By Tryout

Schedule of Classes Information:

Description: This class consists of advanced swim strokes that include the front crawl, back crawl, breaststroke and butterfly. In addition to swimming, this class also includes basic water safety skills and knowledge of advanced swimming skills to work toward a higher level of cardiovascular fitness. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 12.2

Limits on Enrollment: By Tryout

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:
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CSU Transfer:	Transferable	Effective:	Spring 2012	Inactive:
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UC Transfer:	Transferable	Effective:	Spring 2012	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

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

1. Utilize proper mechanics for front crawl (freestyle), back crawl (backstroke), breaststroke, sidestroke, and butterfly.
2. Develop a personalized conditioning program.
3. Participate in conditioning and stretching, drills applicable to advanced swimming.
4. Improve cardiovascular fitness.
5. Demonstrated understanding of standard water safety procedures and guidelines.
6. Review standard pool rescue equipment.
7. Repeating students must demonstrate increased depth and breadth of advanced skills, with new learning objectives.

Topics and Scope:

- I. Skill Proficiency
 - A. Front Crawl Stroke (Freestyle)
 1. Refine all elements of stroke and breathing
 2. Develop endurance capability
 3. Use sprint work to build strength and decrease time
 4. Incorporate flip turn into stroke
 - B. Back Crawl (Backstroke)
 1. Refine all elements of stroke technique
 2. Develop endurance capability
 3. Flip turn for back stroke
 - C. Breaststroke
 1. Refine all elements of stroke technique/coordination
 2. Refine streamline glide position

3. Incorporate breaststroke turn and pull down into stroke
- D. Sidestroke
1. Coordination of arms and legs
 2. Refine glide
- E. Butterfly
1. Dolphin kick
 2. Hand entry positions/extension in water
 3. Underwater pull
 4. Timing of breath
 5. Timing of arms and breath to kicks
- F. Turns
1. Open Turns
 2. Flip Turns
 3. Kick outs and breaststroke pull downs
- II. Safety Skills
- A. Alternative kicks for treading water
 - B. Spinal injury stabilization techniques
 - C. Use of throwing equipment for water rescue
- III. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments.

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	Writing 10 - 20%
<p>Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.</p> <p>None</p>	Problem solving 0 - 0%
<p>Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.</p> <p>Test sets</p>	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