

KAQUA 2.1 Course Outline as of Fall 2018**CATALOG INFORMATION**

Dept and Nbr: KAQUA 2.1 Title: AQUATIC FITNESS

Full Title: Aquatic Fitness

Last Reviewed: 8/28/2017

| 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: 26.25

Total Student Learning Hours: 78.75

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 13.1

Catalog Description:

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

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KAQUA 1.2

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

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

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 1.2

Limits on Enrollment:

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 1992 | Inactive: |
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| UC Transfer: | Transferable | Effective: | Spring 1992 | Inactive: |
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

Upon completion of the course, students will be able to:

1. Practice dryland conditioning
2. Demonstrate the ability to use advance swimming techniques as a source for training and conditioning
3. Perform beginning level test sets based on interval and aerobic training
4. Demonstrate improved cardio-vascular endurance through swimming

Objectives:

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

1. Practice dryland conditioning. Exercises include:
 - A. Core Conditioning
 - B. Body Weight Exercises
2. Utilize proper swimming mechanics
 - A. Freestyle
 - B. Backstroke
 - C. Breaststroke
 - D. Butterfly
 - E. Flip turns
3. Develop a personalized conditioning program
4. Participate in conditioning, stretching, and drills applicable to aquatic fitness
5. Improve cardiovascular endurance through the use of interval and aerobic training

Topics and Scope:

- I. Dryland Conditioning
 - A. Upper body
 - B. Core

- C. Lower body
- II. 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
 - E. Turns
 1. Open Turns
 2. Flip Turns
 3. Kick outs and breaststroke pull downs
- II. Training and Conditioning
 - A. Interval training
 - B. Aerobic training
 - C. Test Sets
- III. Personal Fitness Program
 - A. Establish personal fitness goals
 - B. Apply strategies to reach personal fitness goals

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. View American Red Cross and USA Swimming Strokes Videos
2. Progress journal
3. Quizzes (2 - 4)
4. Test Sets

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.

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| 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

Problem solving
0 - 0%

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:

Swimming: Steps To Success. Bay, Scott. Human Kinetics. 2016
Instructor prepared materials