

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: 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: 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:
CSU Transfer:	Transferable	Effective:	Spring 1992	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 1992	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should 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:

At the conclusion of this course, the student should 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.

Progress journal

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.	
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