

**ATHL 34 Course Outline as of Fall 2019****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:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Compete in swimming and diving demonstrating appropriate physical skills.
2. Demonstrate appropriate tactical responses to an opponent.
3. Demonstrate teamwork.
4. Apply knowledge of rules and other swimming and diving concepts.

### **Objectives:**

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:**

#### **I. Individual Fundamental Skills and Conditioning**

- A. Agility
- B. Coordination
- C. Reaction
- D. Muscular strength
- E. Muscle and cardiovascular endurance

#### **II. Practical and General Knowledge of Swimming and/or Diving and its Rules**

- A. Practice drills
- B. Competition situations

#### **III. Concepts and Race/Performance Strategies**

- A. Swimming events
- B. Diving events

C. Team personnel  
IV. Team Development and Goals

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

**Assignment:**

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

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:**

Complete Conditioning for Swimming. Salo, David. Human Kinetics. 2008 (classic)

Instructor prepared materials