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	Ň	br 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: CSU GE:	Area Transfer Area	l	Effective: Effective:	Inactive: Inactive:	
IGETC:	Transfer Area	l	Effective:	Inactive:	
CSU Transfer	: Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	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. 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:

At the conclusion of this course, the student should 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

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Season perfomance and post-season performance

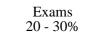
Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, true/false

Other: Includes any assessment tools that do not logically fit into the above categories.

Problem solving 0 - 0%	

Skill Demonstrations 30 - 40%



Attendance, participation, and film analysis

Representative Textbooks and Materials: Complete Conditioning for Swimming. Salo, David. Human Kinetics. 2008 (classic) Instructor prepared materials