

PHYED 12.2 Course Outline as of Fall 2003**CATALOG INFORMATION**

Dept and Nbr: PHYED 12.2 Title: SWIMMER - INTER.

Full Title: Intermediate Swimmer

Last Reviewed: 5/9/2016

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 2.3

Catalog Description:

Opportunity to learn the elements of good swimming skills.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KAQUA 1.1 (or PHYED 12.1 or PE 2.2 or PE 101.1)

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

Description: Stroke development & conditioning. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 1.1 (or PHYED 12.1 or PE 2.2 or PE 101.1)

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: Area
CSU GE: Transfer Area

Effective: Inactive:
Effective: Inactive:

IGETC: Transfer Area

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

Outcomes and Objectives:

Upon completion of this course, the student will:

- I. Refine stroke mechanics for front and backcrawl, breast stroke, sidestroke, and elementary backstroke.
- II. Learn proper workout composition and develop a personalized conditioning program.
- III. Improve cardio-vascular fitness.
- IV. Be familiar with and able to use standard pool rescue equipment.

Topics and Scope:

LEVEL IV & V SWIMMING SKILLS

I. Basic Water Skills

A. Floating

1. Front
2. Back
3. Turning front to back

B. Treading water/rotary kick

C. Skulling

1. On front
2. On back

II. Stroke Refinement

A. Crawl Stroke

1. Flutter kick
2. Pulling
3. Breathing

B. Back Crawl

1. Flutter kick
2. Pulling
3. Roll and breathing

C. Breast Stroke

1. Whip kick
2. Pulling
3. Timing and breathing
4. Glide

- D. Elementary Backstroke
 1. Pull and kick coordination
 2. Glide
- E. Sidestroke
 1. Scissors kick
 2. Pull
 3. Glide
- III. Turns
 - A. Open Turns
 1. Front
 2. Back
 - B. Introduction to Racing Turns
 1. Flip turn
 2. Breaststroke pull down
- IV. Introduction to Butterfly
 - A. Dolphin kick
 - B. Pull
 - C. Stroke coordination
- V. Diving
 - A. Surface dives
 1. Tuck
 2. Pike
 3. Feet first
 - B. Entries
 1. Kneeling dive from side
 2. Standing dive from side
 3. Long, shallow dive
 4. Diving from low board
 5. Stride jump
- VI. Safety Skills
 - A. Diving board safety
 - B. Rescue breathing
 1. Open airway
 2. Assess breathing
 - C. Recognition of spinal injuries
 - D. Introduction to CPR
 - E. Use of rescue equipment
 1. Ring buoy
 2. Shepherds crook
 3. Other available equipment

Assignment:

View American Red Cross Swimming Strokes Video

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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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.

Class performances, Performance exams, SKILL EXAMS

Skill Demonstrations
20 - 40%

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

Written assignment/exam

Exams
20 - 40%

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

ATTENDANCE- DEPARTMENT POLICY

Other Category
40 - 60%

Representative Textbooks and Materials:

ARC Swimming and Diving Skills video