

**KAQUA 2.1 Course Outline as of Fall 2024****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 exercise and advanced swim strokes that include the freestyle, backstroke, breaststroke, and butterfly. Students will learn 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 exercise and advanced swim strokes that include the freestyle, backstroke, breaststroke, and butterfly. Students will learn 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:**

<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: Spring 1992	Inactive:
<b>UC Transfer:</b>	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 advance swimming techniques for training and conditioning.
3. Perform beginning level test sets based on interval and aerobic training.
4. Demonstrate improved cardiovascular endurance through swimming.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Practice dryland core conditioning and body weight exercises.
2. Utilize proper swimming mechanics in freestyle, backstroke, breaststroke, butterfly, and 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
- III. Training and Conditioning
- A. Interval training
  - B. Aerobic training
  - C. Test sets
- IV. Personal Fitness Program
- A. Establish personal fitness goals
  - B. Apply strategies to reach personal fitness goals

**Assignment:**

1. Progress journal
2. Quizzes (2 - 4)
3. Skill performance 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%
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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%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skill performances (test sets)	Skill Demonstrations 20 - 30%
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**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes

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:**

Fundamentals of Fast Swimming: How to Improve Your Swim Technique. Hall, Gary and Murphy, Devin. Bowker. 2020