

**KAQUA 2.3 Course Outline as of Fall 2024****CATALOG INFORMATION**

Dept and Nbr: KAQUA 2.3 Title: ADVANCED AQUATIC FITNESS

Full Title: Advanced 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 13.3

**Catalog Description:**

This class consists of aquatic fitness exercises and advanced swim strokes that include the freestyle, backstroke, breaststroke, and butterfly. Students will learn how to develop a training and conditioning program at an advanced level through the use of advanced swim strokes and dryland conditioning.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KAQUA 2.1

**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. Students will learn how to develop a training and conditioning program at an advanced level through the use of advanced swim strokes and dryland conditioning. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 2.1

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. Perform dryland conditioning at an advanced level.
2. Demonstrate physical and mental conditioning using advanced swimming and/or dryland activities.
3. Demonstrate the ability to use advanced dryland conditioning and advanced swimming techniques as a source for an advanced level of training and conditioning.
4. Perform advanced level test sets based on interval, aerobic, and anaerobic training.
5. Demonstrate improved cardiovascular endurance through aquatic fitness.

### **Objectives:**

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

1. Practice advanced dryland conditioning
2. Utilize proper swimming mechanics at an advanced level in:
  - A. Freestyle
  - B. Backstroke
  - C. Breaststroke
  - D. Butterfly
  - E. Flip turns
3. Develop an advanced personalized conditioning program
4. Participate in advanced conditioning, stretching, and drills applicable to aquatic fitness
5. Improve cardiovascular endurance through the use of interval, aerobic, and anaerobic training

### **Topics and Scope:**

- I. Dryland Conditioning
  - A. Upper body
  - B. Core

- C. Lower body
- II. Advanced 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
  - F. Starts
    1. Introduction to racing starts off the blocks
    2. Introduction to break outs and transitions into the swimming strokes
- III. Advanced Training and Conditioning
  - A. Interval training
  - B. Aerobic training
  - C. Anaerobic training
  - D. Test sets

**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
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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
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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%

**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