

KINA 1 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: KINA 1 Title: INTRODUCTION TO SWIMMING

Full Title: Introduction to Swimming

Last Reviewed: 2/27/2023

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	5	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: KAQUA 1

Catalog Description:

This class is an introduction to water for non-swimmers and students will learn basic swim techniques, and water safety protocol.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This class is an introduction to water for non-swimmers and students will learn basic swim techniques, and water safety protocol. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Spring 2018	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 2018	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. Enter the water safely
2. Demonstrate introductory water training techniques
3. Demonstrate basic water safety techniques

Objectives:

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

1. Feel comfortable around water
2. Perform introductory swim techniques
3. Apply water safety techniques

Topics and Scope:

- I. Water Anxiety
 - A. Feeling comfortable in water
 - B. Breathing techniques
- II. Swim Mechanics
 - A. Front crawl
 - B. Back crawl
- III. General Safety Skills
 - A. Basic water safety techniques
 - B. Become familiar with pool rescue equipment

Assignment:

1. Practice breathing techniques and strokes
2. Skill demonstrations of strokes
3. Journal
4. Quizzes
5. Reading instructor prepared materials

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.

Journal

Writing
5 - 10%

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.

Skill demonstrations

Skill Demonstrations
20 - 35%

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

Quizzes

Exams
20 - 35%

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

Attendance and participation; practice breathing techniques

Other Category
40 - 55%

Representative Textbooks and Materials:

The Complete Beginners Guide To Swimming: Professional guidance and support to help you through every stage of learning how to swim. Young, Mark. Educate and Learn Publishing. 2016 (classic).

Instructor prepared materials