

KINA 1.1 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: KINA 1.1 Title: BEGINNING SWIMMING

Full Title: Beginning Swimming

Last Reviewed: 12/12/2022

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	3	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 1.1

Catalog Description:

Students will learn basic swim strokes that include the front crawl, back crawl, and elementary backstroke. In addition to swimming, students learn basic water safety skills and knowledge leading to safe practices while in, on, or about the water.

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

Description: Students will learn basic swim strokes that include the front crawl, back crawl, and elementary backstroke. In addition to swimming, students learn basic water safety skills and knowledge leading to safe practices while in, on, or about the water. (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:	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. Perform at a beginning swimming level.
2. Demonstrate basic body positioning and breathing mechanics during each stroke.
3. Apply basic water safety skills.

Objectives:

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

1. Use proper stroke and breathing mechanics for the front crawl, back crawl, and elementary backstroke.
2. Demonstrate proper technique for beginning swimming strokes.
3. Explain personal safety skills usable during a water emergency.

Topics and Scope:

- I. Stroke Mechanics
 - A. Front crawl
 - B. Back crawl
 - C. Elementary backstroke
- II. Breathing Mechanics
 - A. Front crawl
 - B. Back crawl
 - C. Elementary backstroke
- III. General Safety Skills
 - A. Learn safe diving rules
 - B. Practice basic water safety techniques
 - C. Become familiar with pool rescue equipment

Assignment:

1. Reading instructor prepared materials
2. Skill demonstrations of beginning level strokes
3. Journal
4. Quizzes

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%
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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 demonstrations of beginning level strokes	Skill Demonstrations 20 - 35%
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Exams: All forms of formal testing, other than skill performance exams.

Quizzes	Exams 20 - 35%
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Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation	Other Category 40 - 55%
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Representative Textbooks and Materials:

- American Red Cross Swimming and Diving Skills video
- Swim Smooth. Newsome, Wiley. Nautical. 2012 (classic).
- Instructor prepared materials