

KINA 1.3 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: KINA 1.3 Title: ADVANCED SWIMMING

Full Title: Advanced Swimming

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: KAQUA 1.3

Catalog Description:

This class consists of advanced swim strokes that include the front crawl, back crawl, breaststroke and butterfly. In addition to swimming, students will learn basic water safety skills and knowledge of advanced swimming skills to work toward a higher level of cardiovascular fitness.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KINA 1.2

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

Description: This class consists of advanced swim strokes that include the front crawl, back crawl, breaststroke and butterfly. In addition to swimming, students will learn basic water safety skills and knowledge of advanced swimming skills to work toward a higher level of cardiovascular fitness. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KINA 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:

AS Degree:	Area		Effective:	Inactive:
	L8	Student Success and Wellness	Fall 2025	
CSU GE:	Transfer Area		Effective:	Inactive:
IGETC:	Transfer Area		Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Spring 2012	Inactive:
UC Transfer:	Transferable	Effective:	Spring 2012	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. Swim at an advanced level.
2. Demonstrate proper body position during advanced strokes.
3. Perform the front crawl (freestyle), back crawl (backstroke), side stroke, breaststroke, and butterfly.
4. Adhere to standard water safety procedures and guidelines.
5. Demonstrate improved cardiovascular conditioning through swimming.

Objectives:

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

1. Utilize proper mechanics for front crawl (freestyle), back crawl (backstroke), breaststroke, and butterfly.
2. Develop a personalized conditioning program.
3. Participate in conditioning, stretching, and drills applicable to advanced swimming.
4. Improve cardiovascular fitness.
5. Demonstrate an understanding of standard water safety procedures and guidelines.
6. Review standard pool rescue equipment.

Topics and Scope:

I. Skill Proficiency

A. Front crawl stroke (freestyle)

1. Refine all elements of stroke and breathing
2. Develop cardiovascular endurance capacity
3. Use sprint work to build strength and decrease time
4. Incorporate flip turn into stroke

- B. Back crawl (backstroke)
 - 1. Refine all elements of stroke technique
 - 2. Develop cardiovascular endurance capacity
 - 3. Flip turn for back stroke
 - C. Breaststroke
 - 1. Refine all elements of stroke technique/coordination
 - 2. Refine streamline glide position
 - 3. Incorporate breaststroke turn and pull down into stroke
 - D. Butterfly
 - 1. Dolphin kick
 - 2. Hand entry positions/extension in water
 - 3. Underwater pull
 - 4. Timing of breath
 - 5. Timing of arms and breath to kicks
 - E. Turns
 - 1. Open turns
 - 2. Flip turns
 - 3. Kick outs and breaststroke pull downs
- II. Safety Skills
- A. Alternative kicks for treading water
 - B. Spinal injury stabilization techniques
 - C. Standard water safety procedures and guidelines.
 - D. Rescue equipment

Assignment:

- 1. Progress journal
- 2. Quizzes (2 - 4)
- 3. 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%
<p>Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.</p>	Problem solving 0 - 0%
None	
<p>Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.</p>	Skill Demonstrations 20 - 30%
Test sets	

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