

**KAQUA 1.2 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KAQUA 1.2 Title: INTERMEDIATE SWIMMING

Full Title: Intermediate 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	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: PHYED 12.2

**Catalog Description:**

This class consists of intermediate swim strokes that include the front crawl, back crawl, side stroke, breast stroke and backstroke. In addition to swimming, this class also includes basic water safety skills and knowledge leading to safe practices while in, on, or about the water.

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

Course Completion of KAQUA 1.1

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

Description: This class consists of intermediate swim strokes that include the front crawl, back crawl, side stroke, breast stroke and backstroke. In addition to swimming, this class also includes basic water safety skills and knowledge leading to safe practices while in, on or about the water. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KAQUA 1.1

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:	Fall 1981	Inactive:	
<b>UC Transfer:</b>	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. Swim at an intermediate level.
2. Demonstrate proper body position during intermediate strokes.
3. Perform the front crawl, back crawl, side stroke, breast stroke, and backstroke.
4. Adhere to standard water safety procedures and guidelines.

### **Objectives:**

Upon completion of this course, students will be able to:

1. Utilize proper mechanics for front crawl, back crawl, breast stroke, sidestroke, and elementary backstroke.
2. Develop a personalized conditioning program.
3. Improve cardio-vascular fitness.
4. Be familiar with and able to use standard pool rescue equipment.
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

#### **I. Basic Water Skills**

##### **A. Floating**

1. Front
2. Back
3. Turning front to back

##### **B. Treading water/rotary kick**

##### **C. Sculling**

1. On front
2. On back

## II. Stroke Refinement

### A. Crawl Stroke

1. Flutter kick
2. Pulling
3. Breathing

### B. Back Crawl

1. Flutter kick
2. Pulling
3. Roll and breathing

### C. Breast Stroke

1. Whip kick
2. Pulling
3. Timing and breathing
4. Glide

### D. Elementary Backstroke

1. Pull and kick coordination
2. Glide

### E. Sidestroke

1. Scissors kick
2. Pull
3. Glide

## III. Turns

### A. Open Turns

1. Front
2. Back

### B. Introduction to Racing Turns

1. Flip turn
2. Breaststroke pull down

## IV. Introduction to Butterfly

### A. Dolphin kick

### B. Pull

### C. Stroke coordination

## V. Diving

### A. Surface dives

1. Tuck
2. Pike
3. Feet first

### B. Entries

1. Kneeling dive from side
2. Standing dive from side
3. Long, shallow dive
4. Diving from low board
5. Stride jump

## VI. Safety Skills

### A. Diving board safety

### B. Rescue breathing

1. Open airway
2. Assess breathing

### C. Recognition of spinal injuries

### D. Introduction to CPR

### E. Use of rescue equipment

1. Ring buoy

- 2. Shepherd's crook
  - 3. Other available equipment
- VII. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

**Assignment:**

Students are expected to spend an additional one and one-half hours per week on studies related to this course.

- 1. View American Red Cross Swimming Strokes Video
- 2. Progress journal
- 3. Quizzes (2 to 4)
- 4. Repeating students must demonstrate an increased level of performance.

**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%
------------------	---------------------

**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 performances, performance exams	Skill Demonstrations 20 - 30%
---------------------------------------	----------------------------------

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

Multiple choice, true/false	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:**

- American Red Cross Swimming and Diving Skills video
- Instructor prepared materials