

CATALOG INFORMATION

Dept and Nbr: KAQUA 61      Title: LAP SWIM FUNDAMENTALS  
Full Title: Lap Swimming Fundamentals  
Last Reviewed: 3/13/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	0.50	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		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:

**Catalog Description:**  
Students will learn fundamental lap swimming guidelines and principles to improve personal fitness. This course offers flexibility to complete the participation requirement during any open lap swim hours at the Santa Rosa Campus. A required orientation will be completed as part of the course.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Students will learn fundamental lap swimming guidelines and principles to improve personal fitness. This course offers flexibility to complete the participation requirement during any open lap swim hours at the Santa Rosa Campus. A required orientation will be completed as part of the course. (Grade or P/NP)  
Prerequisites/Corequisites:

Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;  
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 2023	Inactive:	
<b>UC Transfer:</b>		Effective:		Inactive:	

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Complete personal lap swim workout based on fitness level, goals, and safe and effective training guidelines.
2. Analyze personal fitness level and create health-related fitness goals.

### **Objectives:**

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

1. Demonstrate safe and proper use of equipment and exercise technique.
2. Monitor exercise intensity using target heart rate and perceived rate of exertion.
3. Apply fitness testing results to train based on fitness level.
4. Apply effective goal-setting model to create fitness goals.
5. Identify components of health-related physical fitness in a personal swim program.
6. Identify safety and injury prevention practices in an aquatic setting.
7. Identify and summarize swim training information from credible sources.

### **Topics and Scope:**

#### **I. Warm-up Activities**

- A. Low intensity cardio/respiratory exercise
- B. Dynamic stretching

#### **II. Swimming Fundamentals**

- A. Cardiorespiratory Fitness
  1. Aerobic capacity
  2. Anaerobic capacity
- B. Basic Stroke Technique
  1. Butterfly
  2. Backstroke

- 3. Breaststroke
  - 4. Freestyle
- C. Turns
  - 1. Flip
  - 2. Open
- D. Starts
  - 1. From blocks
  - 2. Backstroke
- III. Muscular Development
  - A. Strength
  - B. Endurance
  - C. Resistance training
- IV. Flexibility/Range of Motion
- V. Health Related Physical Fitness
- VI. Introduction to Equipment
  - A. Orientation of proper use of equipment
  - B. Safety and injury prevention for swimmers
- VII. Exercise Intensity Measurement
  - A. Frequency, Intensity, Time, Type (FITT) Principle
  - B. Target Heart Rate
  - C. Rate of Perceived Exertion (RPE)
- VIII. Fitness Assessments
  - A. Cardiovascular endurance
  - B. Muscular endurance
  - C. Flexibility
  - D. Muscular strength
- IX. Goal-setting
  - A. Specific, Measurable, Attainable, Relevant and Timely (SMART) goal
  - B. Behavior change principles
  - C. Motivation
- X. Credible Sources for Swim Training Information

### **Assignment:**

- 1. Orientation
- 2. Pre- and post-fitness assessments
- 3. Goal-setting assignment
- 4. Target Heart Rate assignment
- 5. Swim article summary
- 6. 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.

Swim article summary; goal-setting assignment
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Writing 5 - 15%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Target Heart Rate assignment

Problem solving  
5 - 10%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Pre- and post-fitness assessments

Skill Demonstrations  
5 - 10%

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

Quizzes

Exams  
15 - 20%

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

Attendance and participation; orientation

Other Category  
50 - 60%

**Representative Textbooks and Materials:**

Science of Swimming Faster. Riewald, Scott and Rodeo, Scott. Human Kinetics. 2015 (Classic)  
Instructor prepared materials