

CATALOG INFORMATION

Dept and Nbr: KAQUA 62      Title: LAP SWIM TECHNICAL TRAIN  
Full Title: Lap Swimming Technical Training  
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 technical training for lap swimming to improve personal fitness. This course offers flexibility to complete the participation requirement during any open lap swim hours at the Santa Rosa Campus.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Students will learn technical training for lap swimming to improve personal fitness. This course offers flexibility to complete the participation requirement during any open lap swim hours at the Santa Rosa Campus. (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 focused on technical training, proper swim mechanics, and use of equipment.
2. Create fitness goals based on effective goal-setting model and fitness assessment results.

### **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. Apply technical components of strokes, starts, and turns.
6. Identify proper swim mechanics to prevent common swim-related injuries.
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. Technical Swim Training**

- A. Mechanics
  1. Kicking
  2. Pulling
  3. Streamline
  4. Long axis and short axis rotation
- B. Intermediate to Advanced Stroke Techniques
  1. Butterfly
  2. Backstroke

- 3. Breaststroke
- 4. Freestyle
- C. Improving Turn Technique
  - 1. Flip
  - 2. Open
- D. Improving Start Technique
  - 1. From blocks
  - 2. Backstroke
- III. Muscular Development
  - A. Strength
  - B. Endurance
  - C. Resistance training
- IV. Flexibility/Range of Motion
- V. Injury Prevention
- VI. Exercise Intensity Measurement
  - A. Frequency, Intensity, Time, Type (FITT) Principle
  - B. Target Heart Rate
  - C. Rate of Perceived Exertion (RPE)
- VII. Fitness Assessments
  - A. Cardiovascular endurance
  - B. Muscular endurance
  - C. Flexibility
  - D. Muscular strength
- VIII. Goal-setting
  - A. Specific, Measurable, Attainable, Relevant and Timely (SMART) goal
  - B. Behavior change principles
  - C. Motivation
- IX. Credible Sources for Swim Training Information

**Assignment:**

- 1. Pre- and post-fitness assessments
- 2. Goal-setting assignment
- 3. Target Heart Rate tracking
- 4. Swim article summary
- 5. 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 tracking
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Problem solving 5 - 10%
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**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

Other Category  
50 - 60%

**Representative Textbooks and Materials:**

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