

KAQUA 63 Course Outline as of Fall 2023**CATALOG INFORMATION**

Dept and Nbr: KAQUA 63 Title: LAP SWIM PROG DESIGN

Full Title: Lap Swimming Program Design

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 how to develop their own personal swim training program based on their personal fitness goals. 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 how to develop their own personal swim training program based on their personal fitness goals. 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:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2023	Inactive:
UC Transfer:		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 training program based on personal fitness goals and proper swim mechanics.
2. Create a personalized swim training program with proper progression, exercise intensity, and event specific training guidelines.

Objectives:

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

1. Demonstrate safe and proper swim training techniques and mechanics.
2. Monitor exercise intensity using target heart rate and perceived rate of exertion.
3. Design personal swimming program based on proper progression and event specific training.
4. Use fitness assessments and established goals to design swim training program.
5. Demonstrate technical components of strokes, starts, and turns.
6. 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. Swim Program Design
 - A. Proper progression based on fitness level
 - B. Periodization
 - C. Interval training
 - D. Aerobic vs anaerobic training
 - E. Proper design based on goals
 - F. Event specific training
- III. Muscular Development
 - A. Strength

- B. Endurance
- C. Resistance training
- D. Effective use of training equipment
 - 1. Kicking gear
 - 2. Pulling gear
 - 3. Snorkles
- IV. Flexibility/Range of Motion
- V. Injury Prevention
- VI. Exercise Intensity Measurement
 - A. Frequency, Intensity, Time, Type (FITT) principle
 - B. Establish appropriate target heart rate zones based on program
 - 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. Personal swim program design
- 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

Writing 5 - 10%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Personal swim program design

Problem solving 5 - 15%

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