

**KINA 64 Course Outline as of Summer 2025****CATALOG INFORMATION**

Dept and Nbr: KINA 64 Title: LAP SWIM COMP PREP

Full Title: Lap Swimming Competition Preparation

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: KAQUA 64

**Catalog Description:**

Students will learn how to prepare for swimming competition. 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 prepare for swimming competition. 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 training program in preparation for competition.
2. Create a swim training program using periodization for proper progression and tapering prior to competition.

### **Objectives:**

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

1. Demonstrate race strategies and techniques.
2. Monitor exercise intensity using event specific target heart rate zones.
3. Create fitness testing assessments to use for developing competitive training program.
4. Use fitness assessments and goals to select appropriate level of competition.
5. Demonstrate technical components of strokes, starts, and turns.
6. Use periodization to develop proper progression in training volume and tapering prior to competition.
7. Identify and summarize swim training information from credible source.

### **Topics and Scope:**

- I. Warm-up Activities
  - A. Low intensity cardio/respiratory exercise
  - B. Dynamic stretching
- II. Competitive Swimming Preparation
  - A. Proper progression and training volume
  - B. Periodization
  - C. Interval training
  - D. Aerobic vs anaerobic training
  - E. Event specific training
  - F. Program design
- III. Event Specific Race Strategies

- A. Sprint
- B. Mid-distance
- C. Distance
- D. Pool competition
  - 1. Short course yards
  - 2. Short course meters
  - 3. Long course meters
- E. Open water
- IV. Flexibility and Range of Motion
- V. Overtraining and 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. Pre- and Post-competition Nutrition and Hydration
- 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. Competition goal-setting assignment
3. Personal swim program design for competition
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%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Personal swim program design for competition	Problem solving 5 - 15%
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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%
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**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