KAQUA 2.3 Course Outline as of Fall 2012

CATALOG INFORMATION

Dept and Nbr: KAQUA 2.3 Title: ADVANCED AQUATIC FITNESS Full Title: Advanced Aquatic Fitness Last Reviewed: 12/12/2023

Units		Course Hours per Week	ľ	Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category:	AA Degree Applicable	
Grading:	Grade or P/NP	
Repeatability:	22 - 4 Times in any Comb of Levels	
Also Listed As:		
Formerly:	PHYED 13.3	

Catalog Description:

This class consists of advanced aquatic fitness exercises, advanced swim strokes that include the freestyle, backstroke, breaststoke, butterfly, and advanced aquatic conditioning techniques. This class will introduce how to develop a training and conditioning program through the use of aquatic fitness exercises, advanced swim strokes, and advanced aquatic conditioning techniques.

Prerequisites/Corequisites:

Recommended Preparation: Course Completion of PHYED 13.1

Limits on Enrollment:

Schedule of Classes Information:

Description: This class consists of advanced aquatic fitness exercises, advanced swim strokes that include the freestyle, backstroke, breaststoke, butterfly, and advanced aquatic conditioning techniques. This class will introduce how to develop a training and conditioning program through the use of aquatic fitness exercises, advanced swim strokes, and advanced aquatic conditioning techniques. (Grade or P/NP)

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area	L .		Effective: Effective:	Inactive: Inactive:
IGETC:	Transfer Area	L		Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Spring 1992	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 1992	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

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

- 1. Practice advanced aquatic fitness exercises for complete body conditioning
- 2. Utilize proper swimming mechanics at an advanced level
 - A. Freestyle
 - B. Backstroke
 - C. Breaststroke
 - D. Butterfly
 - E. Flip turns
- 3. Develop an advanced personalized conditioning program
- 4. Participate in advanced conditioning, stretching, and drills applicable to aquatic fitness
- 5. Improve cardiovascular endurance through the use of interval and aerobic training

6. Repeating students must demonstrate increased depth and breadth of advanced skills, with new learning objectives

Topics and Scope:

- I. Advanced Aquatic Fitness Exercises
 - A. Upper body
 - B. Core
 - C. Lower body
- II. Advanced Stroke Development
 - A. Freestyle
 - 1. Refine elements of bilateral breathing
 - 2. Utilize core balancing drills and techniques to increase power of stroke
 - 3. Incorporate flip turn and kick out into stroke
 - B. Backstroke

- 1. Refine elements of long axis rotation
- 2. Utilize core balancing drills and techniques to increase power of stroke
- 3. Incorporate flip turn and kick out into stroke
- C. Breaststroke
 - 1. Refine all elements of stroke technique and timing
 - 2. Refine streamline glide position
 - 3. Incorporate breaststroke turn and pull down into stroke
- D. Butterfly
 - 1. Refine all elements of stroke technique and timing
 - 2. Develop power of dolphin kick
 - 3. Incorporate butterfly turn and kick out into stroke
- G. Turns
 - 1. Open Turns
 - 2. Flip Turns
 - 3. Kick outs and breaststroke pull downs
- H. Starts
 - 1. Introduction to racing starts off the blocks
- 2. Introduction to break outs and transitions into the swimming strokes
- III. Advanced Training and Conditioning
 - 1. Interval training
 - 2. Aerobic training
 - 3. Anaerobic training
 - 4. Dryland training
 - 3. Test Sets

IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

- 1. View American Red Cross and USA Swimming Strokes Videos
- 2. Progress journal
- 3. Quizzes (2 to 4)
- 4. Test Sets
- 5. 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

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

Problem solving 0 - 0%

Writing

10 - 20%

None

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

Skill performances, performance exams (test sets)

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

Quizzes: multiple choice, True/false

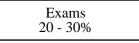
Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Representative Textbooks and Materials:

Instructor prepared materials

Skill Demonstrations
20 - 30%



Other Category 40 - 50%