# KAQUA 2.1 Course Outline as of Fall 2013

## CATALOG INFORMATION

Dept and Nbr: KAQUA 2.1      Title: AQUATIC FITNESS
Full Title: Aquatic Fitness
Last Reviewed: 12/12/2023

| Units | | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---|---|---|---|---|---|---|---|
| Maximum | 1.50 | | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled | 0 |
| Minimum | 1.50 | | Lab Scheduled | 3.00 | 6 | Lab Scheduled | 52.50 |
| | | | Contact DHR | 0 | | Contact DHR | 0 |
| | | | Contact Total | 3.00 | | Contact Total | 52.50 |
| | | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 0.00          Total Student Learning Hours: 52.50

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:          PHYED 13.1

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

**Prerequisites/Corequisites:**


**Recommended Preparation:**
Course Completion of PHYED 12.2

**Limits on Enrollment:**


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

Recommended: Course Completion of PHYED 12.2
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| | | Effective: | Inactive: |
|---|---|---|---|
| **AS Degree:** | **Area** | Effective: | Inactive: |
| **CSU GE:** | **Transfer Area** | Effective: | Inactive: |
| **IGETC:** | **Transfer Area** | 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 completion of this course, students will be able to:
1.  Practice aquatic fitness exercises for complete body conditioning
2.  Utilize proper swimming mechanics
    A. Freestyle
    B. Backstroke
    C. Breaststroke
    D. Butterfly
    E. Flip turns
3.  Develop a personalized conditioning program
4.  Participate in 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.   Aquatic Fitness Exercises
     A. Upper body
     B. Core
     C. Lower body
II.  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

II. Training and Conditioning

      1. Interval training

      2. Aerobic 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 | Writing 10 - 20% |
|---|---|

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

| None | Problem solving 0 - 0% |
|---|---|

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

| Skill performances, performance exams (test sets) | Skill Demonstrations 20 - 30% |
|---|---|

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

| Quizzes: multiple choice, True/false |

| Exams |
| 20 - 30% |

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

| Attendance and participation |

| Other Category |
| 40 - 50% |

**Representative Textbooks and Materials:**
Instructor prepared materials