### KAQUA 2.3 Course Outline as of Fall 2013

# **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	I	Nbr of Weeks	<b>Course Hours Total</b>	
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 13.3

#### **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:
<b>IGETC:</b>	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

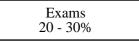
**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

# **Representative Textbooks and Materials:**

Instructor prepared materials

Skill Demonstrations
20 - 30%



Other Category 40 - 50%