## KAQUA 1.3 Course Outline as of Spring 2015

# **CATALOG INFORMATION**

Dept and Nbr: KAQUA 1.3 Title: ADVANCED SWIMMING Full Title: Advanced Swimming Last Reviewed: 12/12/2023

Units		Course Hours per Week	ľ	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 12.3

#### **Catalog Description:**

This class consists of advanced swim strokes that include the front crawl, back crawl, breaststroke and butterfly. In addition to swimming, this class also includes basic water safety skills and knowledge of advanced swimming skills to work toward a higher level of cardiovascular fitness.

### **Prerequisites/Corequisites:**

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

#### **Limits on Enrollment:**

By Tryout

### **Schedule of Classes Information:**

Description: This class consists of advanced swim strokes that include the front crawl, back crawl, breaststroke and butterfly. In addition to swimming, this class also includes basic water safety skills and knowledge of advanced swimming skills to work toward a higher level of cardiovascular fitness. (Grade or P/NP) Prerequisites/Corequisites:

# **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 2012	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 2012	Inactive:	

CID:

#### **Certificate/Major Applicable:**

Major Applicable Course

# **COURSE CONTENT**

#### **Outcomes and Objectives:**

Upon completion of this course, the student will be able to:

- 1. Utilize proper mechanics for front crawl (freestyle), back crawl (backstroke), breaststroke, sidestroke, and butterfly.
- 2. Develop a personalized conditioning program.
- 3. Participate in conditioning and stretching, drills applicable to advanced swimming.
- 4. Improve cardiovascular fitness.
- 5. Demonstrated understanding of standard water safety procedures and guidelines.
- 6. Review standard pool rescue equipment.
- 7. Repeating students must demonstrate increased depth and breadth of advanced skills, with new learning

objectives.

### **Topics and Scope:**

- I. Skill Proficiency
  - A. Front Crawl Stroke (Freestyle)
    - 1. Refine all elements of stroke and breathing
    - 2. Develop endurance capability
    - 3. Use sprint work to build strength and decrease time
    - 4. Incorporate flip turn into stroke
  - B. Back Crawl (Backstroke)
    - 1. Refine all elements of stroke technique
    - 2. Develop endurance capability
    - 3. Flip turn for back stroke
  - C. Breaststroke
    - 1. Refine all elements of stroke technique/coordination
    - 2. Refine streamline glide position

- 3. Incorporate breaststroke turn and pull down into stroke
- D. Sidestroke
  - 1. Coordination of arms and legs
  - 2. Refine glide
- E. Butterfly
  - 1. Dolphin kick
  - 2. Hand entry positions/extension in water
  - 3. Underwater pull
  - 4. Timing of breath
  - 5. Timing of arms and breath to kicks
- F. Turns
  - 1. Open Turns
  - 2. Flip Turns
  - 3. Kick outs and breaststroke pull downs
- II. Safety Skills
  - A. Alternative kicks for treading water
  - B. Spinal injury stabilization techniques
  - C. Use of throwing equipment for water rescue

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

## Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments.

- 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.

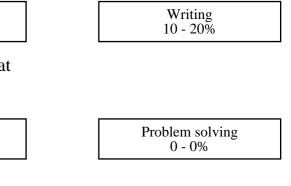
Progress journal

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

None

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

Test sets



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

Exams 20 - 30%

Other Category 40 - 50%