

**KAQUA 1.1 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KAQUA 1.1 Title: BEGINNING SWIMMING

Full Title: Beginning Swimming

Last Reviewed: 12/12/2022

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	3	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: 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: PHYED 12.1

**Catalog Description:**

This class consists of basic swim strokes that include the front crawl, back crawl, and backstroke. In addition to swimming, this class also includes basic water safety skills and knowledge leading to safe practices while in, on or about the water.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This class consists of basic swim strokes that include the front crawl, back crawl, and backstroke. In addition to swimming, this class also includes basic water safety skills and knowledge leading to safe practices while in, on or about the water. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

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

1. Ability to swim at a beginning level
2. Perform beginning strokes
3. Demonstrate basic body positioning and breathing mechanics during each stroke.

**Objectives:**

Upon completion of this course students will be able to:

1. Use proper stroke and breathing mechanics for the front crawl, back crawl and elementary backstroke.
2. Demonstrate proper technique for beginning swimming strokes.
3. Explain personal safety skills usable during a water emergency.

**Topics and Scope:**

- I. Stroke Mechanics
  - A. Front crawl
  - B. Back crawl
  - C. Backstroke
- II. Breathing Mechanics
  - A. Front crawl
  - B. Back crawl
  - C. Backstroke
- III. General Safety Skills
  - A. Learn safe diving rules
  - B. Basic water safety techniques
  - C. Become familiar with pool rescue equipment

**Assignment:**

Students are expected to spend an additional one and one-half hours per week on studies related to this course.

1. Skill demonstrations of strokes
2. Journal
3. Reading instructor prepared materials
4. Quizzes 2 to 4

### 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.

Journal	Writing 5 - 10%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
None	Problem solving 0 - 0%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Class performances, performance exams	Skill Demonstrations 20 - 35%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Quizzes	Exams 20 - 35%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and participation	Other Category 40 - 55%

### Representative Textbooks and Materials:

ARC Swimming and Diving Skills video.

Instructor prepared materials

Swim Smooth. Newsome. Wiley Nautical: 2012