

CATALOG INFORMATION

Dept and Nbr: ATHL 34

Title: WOMEN VAR SWIM/DIV

Full Title: Women's Varsity Swimming & Diving

Last Reviewed: 2/25/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	10.00	17	Lab Scheduled	175.00
		Contact DHR	0		Contact DHR	0
		Contact Total	10.00		Contact Total	175.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 90

Catalog Description:

Practice for and participation in intercollegiate competition, emphasizing skills, fundamentals and strategies.

Prerequisites/Corequisites:

Health and Safety.

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Practice for & participation in intercollegiate competition; emphasizing skills, fundamentals & strategies. (Grade or P/NP)

Prerequisites/Corequisites: Health and Safety.

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

## **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:

<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**

**Outcomes and Objectives:**

AT THE COMPLETION OF THE COURSE THE STUDENT WILL:

### **I. SWIMMING**

- A. Developed advanced level skills and fundamentals for competition.
- B. Analyze team and individual concepts and strategies of inter-collegiate competition.
- C. Evaluate physical conditioning required for intercollegiate competition.
- D. Develop their own conditioning and practice program necessary for competition.
- E. Evaluate nutritional plan for athletic participation.

### **II. DIVING**

- A. Ability to perform required and optional dives.
- B. Diving table
- C. Elements of diving
  - 1. approach
  - 2. flight
  - 3. entry
- D. Body movements and control

**Topics and Scope:**

### **I. PRESEASON PRACTICE ROUTINES**

- A. Physical conditioning - muscular, cardiovascular.
- B. Introduction and review of basic swim stroke fundamentals.
- C. Review and repetition of team concepts.
- D. Individual and group training techniques.
- E. Starts, turns, and finishing techniques.

### **II. PRE-CONFERENCE PRACTICE MEETS**

- A. Intersquad meet.
- B. Individual races plan tactics.
- C. Race plan vs opponent.

- D. Physical conditioning.
- E. Individual fundamental review.
- III. CONFERENCE COMPETITION
  - A. Analyzing competition
  - B. Individual and team concept review.
  - C. Opponent scouting report and race plan tactics.
  - D. Film analysis-self and team.
  - E. Physical conditioning.
- IV. POST CONFERENCE COMPETITION
  - A. Individual and team tactics review.
  - B. Qualification to State Championships.
  - C. Top level fitness.
  - D. Sophomore placement to four year schools.

### Assignment:

### 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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**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.

Class performances, Performance exams

Skill Demonstrations  
25 - 60%

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

TIME TRIALS, CONF.QUALS

Exams  
10 - 25%

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

ATTENDANCE

Other Category  
25 - 60%

### Representative Textbooks and Materials:

