



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

**COURSE:** KIN 16A                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 16 & PE 16

**TERM EFFECTIVE:** Spring 2023                      **CURRICULUM APPROVAL DATE:** 05/09/2023

**SHORT TITLE:** SWIMMING - BEGINNING

**LONG TITLE:** Swimming - Beginning

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54
		Total Learning Hrs:	27 OR 54	

#### **COURSE DESCRIPTION:**

Co-educational activity designed for the beginning swimmer. Instruction on floating, rhythmic breathing, freestyle, elementary backstroke, and backstroke is included. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 16. Courses should be taken in sequential order.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

#### **GRADING MODES**

- L - Standard Letter Grade
- P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

## SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

## STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the freestyle, elementary backstroke, and backstroke by applying the proper stroke mechanics.
2. Explain and utilize water safety rules in both the shallow pool and the deep pool.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. List the basic rules of water safety.
2. Demonstrate the following swimming skills: tuck float, prone float, "bobs", prone glide, back float, back glide, and turning over.
3. Demonstrate the flutter kick and the arm pull for the freestyle and combine a variety of skills into a sequence, i.e. prone float/glide into turning over into a back float or back float/glide into turning over and utilizing the freestyle flutter kick and arm pull.
4. Demonstrate the proper technique for the elementary backstroke.
5. Demonstrate the proper technique for the backstroke and discuss the differences and similarities between the backstroke and elementary backstroke.

## CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 05/09/2023

3 - 6 Hours:

Content: Class introduction, including course syllabus, grading, and water safety requirements. Pre-testing to determine any beginning skills the student might have.

6 - 12 Hours:

Content: Work on floating, including tuck float and prone float. Presentation on rhythmic breathing, including "bobs". Combine floating with rhythmic breathing. Introduce prone glide and combine with floating and rhythmic breathing. Present back float and back glide and then combine turning over from the prone float/glide to the back float/glide.

4 - 9 Hours:

Content: Continue working on skills to date. Introduce the flutter kick and combine it with the skills covered earlier. Presentation on the freestyle arm pull and combine it with the flutter kick.

4 - 9 Hours:

Content: Expose students to deep water and review safety requirements especially as it applies to deep water. Practice floating, rhythmic breathing, gliding, and turning over skills learned to date in deep water. Introduce the proper breathing technique for the freestyle. Presentation on the elementary backstroke, including arm pull and leg kick.

3 - 6 Hours:

Content: Introduce the backstroke; including body position, arm pull and leg kick. Continue working on the freestyle stroke.

3 - 6 Hours:

Content: Continue to work on improving their freestyle, elementary backstroke, and backstroke techniques both in the shallow pool and the deep pool. Experience jumping into the deep pool.

2 - 4 Hours:

Content: Post-testing of skills to indicate the techniques learned and their improvement.

2 Hours:

Final

**METHODS OF INSTRUCTION:**

Demonstration, peer teaching, video.

**METHODS OF EVALUATION:**

Writing assignments

Evaluation Description

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

Skill demonstrations

Evaluation Percent 45

Evaluation Description

Skill testing.

Other methods of evaluation

Evaluation Percent 55

Evaluation Description

Class/student participation is required.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required. Handouts will be provided as needed.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000534411

Sports/Physical Education Course: Y

Taxonomy of Program: 127000