



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 16B

DIVISION: 40

ALSO LISTED AS: KIN 16 & PE 16

TERM EFFECTIVE: Spring 2023

CURRICULUM APPROVAL DATE: 05/09/2023

SHORT TITLE: SWIMMING - INTERMEDIATE

LONG TITLE: Swimming - Intermediate

<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 TO 54	

COURSE DESCRIPTION:

Coeducational activity designed for the intermediate swimmer. Instruction on the sidestroke and breaststroke is included as well as continued improvement on the freestyle, elementary backstroke and backstroke. 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 improved mechanics for the freestyle, elementary backstroke, and backstroke.
2. Perform the sidestroke and breaststroke by utilizing the proper stroke mechanics.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Explain the safety practices they should utilize when entering the pool.
2. Demonstrate and explain the technique they use for swimming under water.
3. Demonstrate a variety of ways to tread water.
4. Demonstrate the sidestroke.
5. Discuss and perform the techniques utilized for the breaststroke.

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 safety practices when entering the pool. Pre-testing to determine the swimming skills each student possess.

6 - 12 Hours:

Content: Review freestyle technique, emphasizing the correct head position, breathing technique, shoulder and hip rotation, sculling on the arm pull, and flutter kick. Introduce underwater swimming and incorporate it in class sessions. Review the elementary backstroke; including the recovery, power, and gliding phases and the importance of each phase.

4 - 9 Hours:

Content: Review the backstroke technique; emphasizing the correct head and body position, shoulder rotation, stroke pattern, and kick. Introduce the technique used for the sidestroke; including the scissors kick, the arm stroke pattern, and the timing. Continue to incorporate under water swimming in class activities.

4 - 9 Hours:

Content: Continue working on skills reviewed and/or learned to date. Introduce treading water. Presentation on the breaststroke; including the head and body position, kick, the arm stroke pattern, and the timing.

3 - 6 Hours:

Content: Work on the breaststroke, including developing a strong kick and working on the strokes timing. Continue to incorporate treading water in class activities and discuss a variety of techniques that can be used to tread water, such as the eggbeater kick, scissors kick, breaststroke kick, hands out of the water positioning, etc.

3 - 6 Hours:

Content: Continue to work on improving all strokes by applying the proper mechanics. Incorporate under water swimming and treading water in class activities.

2 - 4 Hours:

Content: Post-testing of skills to indicate improvement in mechanics and the stroke techniques learned.

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: CCC000534412

Sports/Physical Education Course: Y

Taxonomy of Program: 127000