



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 61C **DIVISION:** 40 **ALSO LISTED AS:** KIN 61 & PE 61

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

SHORT TITLE: SWIM FOR FITNESS - LEVEL 3

LONG TITLE: Swim for Fitness - Level 3

<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:

Designed to provide the student with a lap swimming experience to maintain their physical fitness. Intermediate swimming ability is recommended. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 61. 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. Execute the three R's to perform an easy and efficient freestyle distance lap swim.
2. Utilize the freestyle a majority of the time and one other stroke to swim nonstop for a period of 60 minutes.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Discuss the mechanics of the freestyle and list the benefits of a properly aligned freestyle stroke.
2. Discuss and demonstrate the three R's required to perform an easy and efficient distance freestyle swim.
3. Utilize the freestyle stroke during the majority of their workout routines.
4. Participate in workouts that will allow them to accomplish their established lap swimming goals.

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

Curriculum Approval Date: 05/09/2023

6 - 13 Hours

Content: Course introduction and pre-test to determine fitness level and stroke mechanics, especially the freestyle. This could include a 500 yard freestyle swim for time. Establish individual freestyle skill and fitness goals and begin a lap swimming training program. Discussion on the stroke mechanics for the freestyle, including finding your body line and the alignment of a swimmer's body for an easy and efficient stroke. Completing the one-arm freestyle drill will help strengthen the mechanics for the freestyle stroke.

7 - 15 Hours

Content: Continue lap swim fitness program, utilizing the freestyle stroke a majority of the time. Presentation on the three R's required to perform an easy and efficient distance freestyle swim: reach - getting the most out of each stroke, rotation - rolling the body, and relaxation - finding a rhythm.

12 - 24 Hours

Content: Continue presentation on the three R's: reach - getting the most out of each stroke, rotation - rolling the body, and relaxation - finding a rhythm. Introduce a variety of freestyle workouts, including the pool open water drills, which could include: closing your eyes and swimming 15 - 20 strokes, water polo drill swimming heads-up freestyle, backstroke recovery drill swimming 5 strokes freestyle then rolling over and swimming 4 strokes backstroke and repeating until reaching the wall, and open wall sets swimming sets of 250 - 500 yards without touching the wall. Post-test to determine improvement in fitness level and stroke mechanics, especially the freestyle.

2 Hours

Final

METHODS OF INSTRUCTION:

Demonstration, Guided Practice, Peer Teaching

METHODS OF EVALUATION:

Skill demonstrations
Evaluation Percent 30
Evaluation Description
Demonstration

Other methods of evaluation
Evaluation Percent 70
Evaluation Description
Class/student participation required.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

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: CCC000534580
Sports/Physical Education Course: Y
Taxonomy of Program: 127000