

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** SWIMMING

**LONG TITLE:** Swimming

<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

**COURSE DESCRIPTION:**

Coeducational activity designed for all skill levels. The course teaches the techniques of a variety of strokes and includes conditioning activities. Instruction is tailored to meet individual and group needs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 16, effective Fall 2011.

**PREREQUISITES:**

**COREQUISITES:**

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

**GRADING MODES**

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

**REPEATABILITY:** R - Course may be repeated  
 Maximum of 3 times

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. By applying the proper mechanics, intermediate and advanced skill level students will more efficiently perform the freestyle, backstroke, sidestroke, and breaststroke.

ILO: 7, 2, 4

Measure: demonstration

2. By applying the proper mechanics, beginning skill level students will perform the freestyle, elementary backstroke, and backstroke.

ILO: 7, 2, 4

Measure: demonstration

3. The dolphin kick and flip turn will be utilized in class workouts.

ILO: 7, 6, 2, 4

Measure: performance

4. Through the development of swimming skills, the students will recognize and value this physical activity which can be performed throughout life.

ILO: 6, 1, 7, 4

Measure: class discussion

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 16, effective Fall 2011.

Curriculum Approval Date: 10/22/2007

Students who repeat the class will have the opportunity to learn additional strokes, variations of strokes, and/or improve their technique and conditioning level.

3 - 6 Hours

Class introduction, including course syllabus, grading, and water safety requirements. Pre-testing to determine the skill level of students. Introduce/review freestyle techniques.

SPO: Students will demonstrate their swimming skills. They will list the basic rules of water safety.

6 - 12 Hours

Beginning group will concentrate on floating, rhythmic breathing, and gliding before working on freestyle. Intermediate students will work on the flutter kick, arm pull, and rhythmic breathing. Advanced students will work on their mechanics and practice bi-lateral breathing. Introduce the elementary backstroke to the beginners group. Introduce/review backstroke technique. Stroke will be broken down based on group skill levels. Kick, arm pull, head position, and breathing will be presented.

SPO: The students will demonstrate the various components of the freestyle: flutter kick, arm pull, and breathing. They will perform the freestyle and apply the techniques in class workouts. The correct technique for the elementary backstroke and backstroke, including kick and arm pull, will be demonstrated by the students.

4.5 - 9 Hours

Introduce/review dolphin kick on both stomach and back. Presentation on the flip turn. Information provided on the benefits of swimming as a lifelong activity. Continue working on techniques and strokes presented earlier in the class.

SPO: Students will apply the dolphin kick in conditioning workouts. Each student will attempt a flip turn. They will discuss the lifelong benefits of swimming.

Midterm. This could include a 30 minute swim, 20 freestyle for time, or re-testing of skill techniques.

4.5 - 9 Hours

Introduce/review the sidestroke. Beginning students will be introduced to the basics of the sidestroke. Intermediate students will work on the traditional and inverted sidestroke techniques. Advanced students will perform the sidestroke on both their dominant and non-dominant sides as well as work on the overarm sidestroke.

SPO: The sidestroke technique(s) learned by the student will be demonstrated. They will incorporate the sidestroke into workout routines.

3 - 6 Hours

Presentation on the breaststroke. The stroke will be broken down based on the student's skill level. The mechanics of the whip kick, frog kick, arm pull, and breathing will be presented. Continue working on techniques and strokes presented earlier.

SPO: The student will explain the difference between the whip kick and the frog kick. The breaststroke, including kick, arm pull, and breathing will be demonstrated.

3 - 6 Hours

Continue to work on improving all strokes as well as the student's conditioning level.

SPO: Students will incorporate the various strokes learned into a fitness workout. They will attempt to include the flip turn in these workout routines.

1.5 - 3 Hours

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

SPO: Students will demonstrate their swimming skills.

2 Hours

Final.

Included in content section.

### **METHODS OF INSTRUCTION:**

Demonstration, peer teaching, video

### **METHODS OF EVALUATION:**

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

Involves skill demonstrations or problem solving

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

None

Other category:

Class participation is required.

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 35% - 55%

Objective examinations: 0% - 0%

Other methods of evaluation: 45% - 65%

### **REPRESENTATIVE TEXTBOOKS:**

### **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 200830

CSU GE:

CSU E1, effective 200830

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200830

UC TRANSFER:

Transferable UC, effective 200830

### **SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 16

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: CCC000156892

Sports/Physical Education Course: Y

Taxonomy of Program: 083500