

ATHL A242: SWIMMING TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Eligibility auditions will be held during the first week of class. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Utilize proper technique necessary to compete at the intercollegiate level.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Develop and improve skills and knowledge necessary for intercollegiate athletic competition in swimming.
- 2. Develop a personal commitment to athletic excellence.
- 3. Participate and compete effectively as a member of a team.
- 4. Demonstrate ability to set and obtain goals for personal and team improvement.
- 5. Apply the concept of accountability to both their teammates and themselves.
- 6. Recognize the importance of nutrition and how it relates to maximizing peak physical condition.
- 7. Exhibit traits of successful people including goal setting, dedication and hard work.

Lecture Content

Lab Content

To improve and develop more consistency in all aspects of swimming. To improve and become more knowledgeable in tactical swimming.1. Emphasizes improvement in freestyle swimming skills.2. More efficiency and consistency in:a. Hand placementb. Stroke extensionc. Head positiond. Flutter kicke. Body rotationf. Streamline3. Fundamental starts4. Introduction to turns 5. Emphasizes improvement in non-freestyle strokes a. Stroke mechanics b. Non-freestyle starts and turns6. Education in event strategies7. Breath control 8. Improvement and consistency in:a. Startsb. Turnsc. Streamlined. Finishese. Body position 10. Psychology11. Meet situations/simulations12. Relays advanced strategies

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture and discussion, video analysis, modeling, stroke analysis, swimming practice sessions, meet situation lessons.

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Proficiency demonstration of swimming skills, starts, turns, streamline, individual recognition of event tactics, written and oral assignments on swimming rules and techniques.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Participation, successful performance, and demonstration of swimming/stroke skills in practice and meets.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of swimming skills, starts, turns, streamline, individual recognition of event tactics, written and oral assignments on swimming rules and techniques.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. NCAA Rule Guide 2. Articles related to the sport; handouts on sport skills.