

KIN A131: SWIMMING FOR FITNESS LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
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

Explains the theories and teaches the skills necessary to achieve fitness through swimming. Swimming programs are designed to attain desired levels of cardiovascular efficiency. PREREQUISITE: Ability to swim; This skill will be validated the first week of class. 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. Explain the role aquatic exercise plays in weight control, stress relief, and body composition.
2. Demonstrate the ability to walk/jog in shallow pool, swim 1/4, 1/2, 3/4 and 1 mile swim distances.

Course Objectives

- 1. Demonstrate improvement in cardiovascular fitness following the 12 minute swim post-test.
- 2. Explain the role of exercise in weight control and body composition.
- 3. Explain how exercise releases tension and promotes relaxation.
- 4. Use a pace clock.
- 5. Design a swim workout.
- 6. Swim a legal (as defined by U.S. Swimming): a. freestyle with flip turn b. breast stroke c. backstroke with flip turn d. butterfly
- 7. Demonstrate proper use of kickboard.
- 8. Swim circle pattern.
- 9. Demonstrate a racing dive.

Lecture Content

I. Orientation/introduction Principles of cardiovascular fitness improvement Measuring heart rate Circle pattern swimming Stress reduction II. Pre-assessment Swim test Use of pace clock Warm up/warm down Freestyle stroke mechanics Body composition III. Explain proper construction of swim workout Backstroke mechanics Flip turns for freestyle and backstroke IV. Discussion on instruction/diet/fitness Breast stroke V. Lecture: How to create own workout goal setting Kicking drills; speed work; distance training principles; racing dive VI. Life time fitness Students complete a 2-4 page paper detailing fitness plan, including sections on nutrition, stress reduction, and aerobic exercise.

Lab Content

I. Assessment of swimming ability II. Swim workout with 500 yard freestyle main set III. Warm up Freestyle and backstroke instruction Demonstrate flip turn 700 yard main set including freestyle and backstroke ze: 11.0pt; font-family:"? \00271"; mso-bidi-font-family:"? \00271"; IV. 900 yard main set including freestyle, backstroke, and breast stroke 200 yard kicking set including above strokes V. Warm up, main set of 900-1500 yards including freestyle, backstroke, and breast stroke, kicking drills, spring work, and warm down. VI. 12 minute fitness test

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture, skill demonstration, video

Reading Assignments

assigned from handouts

Writing Assignments

Two-four page paper detailing a six-month fitness plan that includes sections on nutrition, stress reduction, and cardiovascular fitness

Out-of-class Assignments

paper detailing fitness plan

Demonstration of Critical Thinking

Two-four page paper detailing a six-month fitness plan that includes sections on nutrition, stress reduction, and cardiovascular fitness

Required Writing, Problem Solving, Skills Demonstration

Two-four page paper detailing a six-month fitness plan that includes sections on nutrition, stress reduction, and cardiovascular fitness

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. Selected handout materials to be provided and distributed by the instructor