

KIN A132: SWIMMING 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

Instruction and practice in basics of freestyle, breast stroke, and backstroke, as well as breathing skills, while improving cardiovascular endurance. 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. Swim 25 yards of the freestyle, backstroke and breaststroke.
2. Jump in the pool, swim underwater and float for five minutes.

Course Objectives

1. Float
2. Tread water
3. Kick with a kickboard
4. Swim 25 yards
5. Jump in the pool from a height of one meter
6. Swim underwater
7. Perform proper technique for freestyle, backstroke, and breast stroke
8. Compare and contrast different strokes and efficiency for endurance swimming

Lecture Content

I. Introduction to class Objectives of class, attendance policy, promptness, participation, Safety considerations II. Principles of swimming - efficiency of motion; streamlining the body III. Use of fins and kickboard IV. Video: freestyle arm stroke; gliding V. Breathing mechanics and timing - one side, two sides VI. Backstroke skills and

techniques VII. Specific refinements in backstroke, freestyle, and breathing techniques VIII. Writing assignment due

Lab Content

I. Skills evaluation II. Floating; freestyle kick - use of legs and feet III. Floating - head, arms and legs; positions change center of gravity Kicking: with/without board; with/without fins; on back IV. Freestyle arm stroke: with fins; with pull buoy Kicking drills with/without fins: stomach to back; back to stomach V. Freestyle swimming with/without fins - coordination of arms and legs Breathing drills 10-25 yards VI. Add backstroke arms to kicking Drills with/without fins Additional freestyle drills with breathing VII. Continued practice of backstroke Freestyle and breathing techniques Additional sets for endurance Continuous swimming Endurance (lap) swimming Treading in deep water VIII. Skills test

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture, video, demonstrations

Reading Assignments

from selected handouts

Writing Assignments

Students will write a workout appropriate for a swimmer with beginning skills; written final exam.

Out-of-class Assignments

Students will write a workout appropriate for a swimmer with beginning skills

Demonstration of Critical Thinking

Written assignments, written final exam

Required Writing, Problem Solving, Skills Demonstration

Written assignments, written final exam, stroke-skills demonstration

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 handouts to be distributed by the instructor