

# PE G110: SWIMMING FOR FITNESS

Item	Value
Curriculum Committee Approval Date	11/17/2020
Top Code	083500 - Physical Education
Units	.5,1 Total Units
Hours	27,54 Total Hours (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)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)

## Course Description

This course is designed for swimmers with intermediate skills. The swimmer will be introduced to the latest techniques and methods for cardiovascular conditioning through swimming. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Identify stroke technique problems and explain ways to improve them.
3. Determine resting heart and calculate target heart rate during exercise.
4. Apply basic physical fitness concepts in developing overall fitness through swimming activities.
5. Demonstrate stretching, warm-up, and safety procedures to keep their experience free from injuries and preventable accidents.

## Course Objectives

- 1. Assess cardiovascular efficiency by calculation of heart rate at rest and during exercise.
- 2. Demonstrate proper stroke techniques for freestyle and backstroke.
- 3. Demonstrate the use of proper swimming etiquette, circle swimming, interval timing and safe entry and exit of the pool.

## Lecture Content

## Lab Content

I. Introduction A. Course objectives B. Explanation of swimming terms C. Pool safety D. Heart rate E. Warm up F. Stretching G.

Stroke techniques and modifications II. Equipment A. Swimsuit types B. Goggles C. Apparatus III. Methods of training A. Interval B. Resistance C. Over distance 1. Relaxation 2. Pacing D. Hypoxic E. Sprint IV. Measurement of cardiovascular efficiency A. Pulse rate B. Time improvement C. Interval improvement V. Stroke techniques A. Arm drills 1. Paddles 2. Pull buoy B. Kicking drills

## Method(s) of Instruction

- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Instructional Techniques

Lecture; discussion; instructor demonstration; evaluation; instructor feedback; student demonstration; handouts

## Reading Assignments

Students will conduct reading of the text and/or instructor handouts.

## Writing Assignments

Activity journal; goal setting; reflection paper

## Out-of-class Assignments

## Demonstration of Critical Thinking

Written assignments; activity journal; personal fitness program; demonstration of learned skills.

## Required Writing, Problem Solving, Skills Demonstration

Goal setting and activity journal; proper application of stroke techniques.

## Eligible Disciplines

Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required. 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 provided and distributed by the instructor.