



KINE 100B - Intermediate Swimming Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616626

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 100B

Course Title Intermediate Swimming

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 20

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Course is designed to learn the intermediate techniques of swimming, terminology and fluid mechanics. Strokes will included back crawl, breast stroke and butterfly strokes.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 100 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Upon completion of the course, students will be able to demonstrate and perform intermediate swimming strokes consisting of freestyle, backstroke, breaststroke and butterfly.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Comprehend and apply the mechanics of intermediate swimming strokes including freestyle, backstroke, breast stroke and butterfly.
- B. Comprehend and apply the biomechanical principles involved in closed course turns.
- C. Compare and evaluate race strategies.
- D. Learn proper use of equipment and training aids.
- E. Learn and apply use of pace clocks.
- F. Comprehend and apply the principles of physical conditioning as related to swimming.
- G.

3. Course Content

1. Safety concepts involved in swimming.
2. Introduction to intermediate swimming strokes: freestyle, backstroke, breaststroke, butterfly.
3. Stroke analysis and biomechanical applications.
4. Race techniques and turn practices.
5. Equipment usage.
6. Swimming etiquette.
7. Terminology.
8. Psychology of training.

4. Methods of Instruction:

Activity: students will be required to participate in swimming activities.

Critique: students will receive individual analysis.

Lecture: students will be presented stroke mechanics, safety techniques, race techniques, philosophy, race psychology and equipment to enhance learning

Other:

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- Name 3 drills that are used to improve freestyle stroke. Describe how you would cycle your training to achieve peak performance for a scheduled event.

Portfolios -- students will be required to keep an exercise portfolio listing all exercises and related activities. Students will be required to keep a food diary and will adjust nutritional intake according to physical demands.

Final Class Performance -- Students are required to demonstrate proficiency in 4 major strokes. Students must develop a written workout plan.

Additional assessment information:

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Text book and handout assignments.

Chapter 1: Stroke analysis

Handouts: Nutrition for swimming energy

B. Writing Assignments

Students will prepare a written log and stroke analysis.

Students will develop written strategy for training.

Students will maintain a nutritional log tracking dietary needs.

C. Other Assignments

Students will be required to physically demonstrate 4 basic strokes, turning techniques and use of training tools.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: McCloud, A

Title: Swimming: Swimming Made Easy- Beginner and Expert Strategies For Becoming A Better Swimmer (Swimming, Swimmers Guide, Swim Strokes, Swimming Better)

Publisher: CreateSpace Independent Publishing Platform

Date of Publication: 2015

Edition: 1st

B. Other required materials/supplies.