

ATHL 0111 - SWIMMING TRAINING

Catalog Description

Formerly known as PHED 107

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced swimming skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses swimming training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate swimming. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Compare and contrast safe versus harmful movements.
- CSLO #2: Evaluate personal fitness level.
- CSLO #3: Evaluate movements resulting in disqualification.
- CSLO #4: Develop a set of drills for a specific stroke.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

29-174

Outside of Class Hours

0

Total Student Learning Hours

29-174

Course Objectives

1. Demonstrate skills related to successful teamwork
2. Evaluate personal fitness levels at the start and finish of the course using multiple assessment techniques;
3. Demonstrate appropriate movements to achieve specific fitness goals, and/or competitive levels.
4. Analyze and determine movements and actions resulting in disqualifications;
5. Demonstrate a set of drills for each swimming stroke, with a stated objective;
6. Demonstrate a higher level of skills corresponding with each course repetition.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: List and discuss the common reasons for race start disqualification. Grade based on participation.
- Skill Demonstrations
 - Example: Perform the process of a flip turn. Pass/Fail grading

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. The instructor will lead a discussion on deck with a small group of students, while students compare the techniques of other swimmers as they practice. (Objective 7)
2. Instructors will promote reading skills by introducing, assigning, and discussing readings from the text and various handouts related to the subject, health, and/or fitness. (Objective 7)

Distance Learning

1. Instructor will lecture on movements and actions resulting in disqualifications. The students will analyze the disqualification movements. (objective 4)

Typical Out of Class Assignments Reading Assignments

1. Read chapter in Elite Swimming Workouts for drills and be prepared to discuss in class.
2. Read and be prepared to discuss "Competitive Training and Resting for Championship Competitions."

Writing, Problem Solving or Performance

1. Read chapter in Elite Swimming Workouts for drills and apply techniques to improve all 4 of the basic strokes.
2. After reading "Competitive Training and Resting for Championship Competitions," write a 2 page paper stating how tapering and nutrition effects results at a championship competition.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Swimming Anatomy
 - Author: Ian McLeod
 - Publisher: Human Kinetics
 - Publication Date: 2015

- Text Edition: 1st
- Classic Textbook?: No
- OER Link:
- OER:
- Elite Swimming Workout
 - Author: Jakub Kalinowski
 - Publisher: Independent Publishing
 - Publication Date: 2019
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

Appropriate suit, goggles, swim cap and any other equipment determined by coach.