

ATHL 0158 - INTERCOLLEGIATE SWIMMING (M)

Catalog Description

Formerly known as PHED 165

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

Hours: 58 laboratory per unit

Description: Intercollegiate men's swimming and diving competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Exhibit a high level of personal fitness.
- CSLO #2: Analyze movements resulting in disqualification.
- CSLO #3: Develop a set of drills for a specific stroke.
- CSLO #4: Create a swimming workout.
- CSLO #5: Critique a swim meet performance.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

58-174

Outside of Class Hours

0

Total Student Learning Hours

58-174

Course Objectives

1. Exhibit a dedication to excellence in training and competition while representing Sierra College.
2. Develop team work skills
3. Evaluate personal fitness levels at the start and finish of the course / season using various assessments.
4. Implement rules of competition through practice meets.
5. Demonstrate a higher level of skills corresponding with each course repetition.
6. Identify and implement good sportsmanship while representing Sierra College, and the Athletic Program.
7. Distinguish between safe and harmful movements in the class environment.
8. Evaluate techniques of movement in the water vs. on land
9. Identify appropriate movements to achieve specific fitness goals, and/or competitive levels.

10. Analyze movements and actions resulting in disqualifications.
11. Compile a set of drills, with a stated objective.
12. Develop a workout which demonstrates a variety of drills and swimming sets to achieve a stated result.

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

- Objective Examinations
 - Example: 1. Describe the process of a Flip Turn. 2. What is a common start disqualification?
- Skill Demonstrations
 - Example: Demonstrate how to properly execute a Flip Turn. Pass/Fail grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a discussion on freestyle and backstroke and students will discuss and compare movements and actions that result in disqualifications for the freestyle and backstroke. (Objective 10)
2. Following instructor discussion on fitness assessment techniques, students will evaluate personal fitness levels at the beginning and end of the course / season. (Objective 3)

Distance Learning

1. The instructor will lecture on team work skills and the students will outline the skills. (objective 2)

Typical Out of Class Assignments Reading Assignments

1. Read NCAA Swimming Rules Handbook and be prepared to discuss in class. 2. Read Chapters in Swimming Anatomy on developing a strength and conditioning program, and discuss it's importance to sport performance in class.

Writing, Problem Solving or Performance

1. Write a one page paper on the techniques relating to your primary and secondary choice of stroke. 2. Write a two page paper detailing drill progressions you believe will improve your Freestyle and Back Stroke.

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

Required Materials

- NCAA Swimming Rules Handbook
 - Author: NCAA
 - Publisher: NCAA
 - Publication Date: 2019-21
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:
- Swimming Science: Optimizing training and performance
 - Author: John Mullen
 - Publisher: University of Chicago Press
 - Publication Date: 2018
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:
- Swimming steps to success
 - Author: Scott Bay
 - Publisher: Human Kinetics
 - Publication Date: 2016
 - Text Edition:
 - Classic Textbook?: No
 - OER Link:
 - OER:

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

Team suit, goggles, swim caps, and any other protective/competitive equipment as determined by the Coach.