

ATHL 0159 - INTERCOLLEGIATE SWIMMING (W)

Catalog Description

Formerly known as PHED 134

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 women'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: Explain movements leading to 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.
13. Develop nutrition and hydration strategies for competitive swimming.

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

- Problem Solving Examinations
 - Example: Identify and describe a common start disqualification and identify effective strategies to avoid this disqualification. Pass/Fail grading
- Skill Demonstrations
 - Example: Students will demonstrate the process of the 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 safe and harmful movements in the class environment. The students will outline the movements. (objective 7)

Typical Out of Class Assignments Reading Assignments

1. Read and be prepared to discuss NCAA Swimming Rules Handbook.
2. Read and apply chapters in "Swimming Anatomy" on how to set up a strength and conditioning program for a college swimming season.

Writing, Problem Solving or Performance

1. Write a one page paper on swimming drills relating to your primary and secondary choice of stroke. 2. Write a two page paper detailing practice progression you believe will improve your swimming endurance.

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

Required Materials

- NCAA Swimming and Diving 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, caps, and any other protective/competitive equipment as determined by the Coach.