KIN 0041 - FUNDAMENTALS OF SWIMMING

Catalog Description

Formerly known as PHED 36
Hours: 36 activity per unit
Description: Development of physical and mental adjustment to the water. For non-swimmers through advanced. Basic instruction in swimming, use of swimming equipment, water safety skills, water entry and exit, and water exercises and techniques. Instruction and practice in developing aerobic fitness. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Critique freestyle stroke technique.
- CSLO #2: Outline a swimming fitness program.
- CSLO #3: Perform target heart rate assessment techniques.
- CSLO #4: Identify one drill to improve each of the 4 swimming strokes.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Demonstrate adjustment to the water from land;
2. Explain and demonstrate breath control and the benefits associated with it and swimming;
3. Explain skills, techniques, and equipment use;
4. Demonstrate proper turning techniques;
5. Analyze the principles of general fitness conditioning;
6. Formulate conditioning principles in developing a swimming fitness workout and program;
7. List and describe the lifetime benefits of water exercise;
8. Demonstrate an advancing level of swimming skills
9. Demonstrate an improvement in general fitness.

General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E2 Physical Activity
- 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: Student will take a written exam on the basic rules governing swimming competition. Example: The official assigned to record the order of finish of all swimmers by lane in each heat is called: A. Line judge, B. Place Judge, C. Touch Judge, D. None of the above.
- Skill Demonstrations
  - Example: Student will pass a skill demonstration test with 80% success rate. Example: Student will demonstrate the freestyle stroke with 80% success.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. The instructor will facilitate a group discussion on various methods of water safety in and out of the pool. Student shall then recite key safety concerns.
2. The instructor will provide a lecture on the lifetime benefits of physical fitness. Students will be divided into small groups to continue the discussion and brainstorm additional benefits. Watch group present and defend its conclusions.

Distance Learning

1. Discussion by the instructor on breath control and the benefits associated with it and swimming. The students discuss this topic in small groups.
2. Instructor will lead a discussion on turning techniques. The students will discuss this topic in small groups.

Typical Out of Class Assignments
Reading Assignments

1. Go to www.usaswimming.org and read 2 articles about sportsmanship and ethics and be prepared to discuss in class. 2. Read at least 2 articles from professional journals or websites about swim safety and write a brief paragraph of your findings.

Writing, Problem Solving or Performance

1. Design a stretching program, warm-up, and workout for a swimmer, and explain the advantages gained. 2. Write a one page paper which compares different swimming strokes, identifying pros and cons of each.

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

Required Materials

- Complete Beginners Guide to Swimming
  - Author: Mark Young
  - Publisher: Educate and Learn Publishing
  - Publication Date: 2016
  - Text Edition: 1st
  - Classic Textbook?:
  - OER Link:
  - OER:

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

Swim suit, towel, goggles, gym bag, and change of clothes.