

KIN 0042 - SWIMMING CONDITIONING

Catalog Description

Formerly known as PHED 39

Hours: 36 activity per unit

Description: Development of muscular and cardiovascular endurance. Instruction in distance training, interval training, water exercise, sprint training, stroke techniques, equipment usage, and water games associated with swimming. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Explain safe and harmful water movements.
- CSLO #2: Demonstrate the proper use of equipment associated with swimming conditioning.
- CSLO #3: Identify drills that can be used to improve all 4 swimming strokes.
- CSLO #4: Develop a workout that will improve cardiovascular endurance, and muscular strength, through swimming conditioning.

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 an increase in strength and muscular endurance as indicated from skill tests taken during the semester;
2. Demonstrate an increase in cardiovascular endurance as indicated from pulse rate tests taken during the semester;
3. Describe principles of general conditioning and how to apply these principles in developing a swimming fitness program;
4. Describe, and perform, basic drills to enhance swimming technique;
5. Distinguish between safe and harmful movements in the class environment;
6. Evaluate personal fitness levels at the start and finish of the course;
7. Compare properties of movement in the water versus on land;
8. Select appropriate skills to achieve specific fitness goals;
9. Compile a set of drills with a stated objective
10. Assemble a workout, individually, which demonstrates a variety of exercises to achieve a stated result.

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

- Projects
 - Example: Students will design a written swimming fitness program.
- Skill Demonstrations
 - Example: Students will demonstrate basic drills to enhance swimming technique.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Following an instructor lecture on conditioning, students will draft a workout and will teach the class their written swimming conditioning workout.
2. Following an instructor provided discussion on swim workouts, students compare and contrast the teaching and workouts of the other students versus the instructor.

Distance Learning

1. Discussion by the instructor on drills to enhance swimming techniques. The students discuss this topic in small groups.
2. Instructor will lead a discussion on fitness goals. The students will discuss this topic in small groups.

Typical Out of Class Assignments Reading Assignments

1. Read articles on swimming essentials, workouts, and programs and be prepared to discuss in class.
2. Read articles on drills to improve all four of the major swimming strokes and outline each stroke to present to class.

Writing, Problem Solving or Performance

1. Keep a weekly log of workouts performed throughout the semester.
2. Demonstrate a set of skills needed to improve any of the four major strokes.

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

1. Create a swimming conditioning workout, and teach it to a swimming conditioning class.

Required Materials

- The 100 Best Swimming Drills
 - Author: Blythe Lucero
 - Publisher: Meyer & Meyer
 - Publication Date: 2016
 - Text Edition: 2nd
 - Classic Textbook?:
 - OER Link:
 - OER:
- Complete Conditioning for Swimming
 - Author: Salo & Riewald
 - Publisher: Human Kinetics
 - Publication Date: 2016
 - Text Edition: 2nd
 - 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.