

**Course Outline**

**COURSE:** KIN 16                      **DIVISION:** 40                      **ALSO LISTED AS:** PE 16

**TERM EFFECTIVE:** Fall 2013                      **Inactive Course**

**SHORT TITLE:** SWIMMING

**LONG TITLE:** Swimming

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

**COURSE DESCRIPTION:**

Coeducational activity designed for all skill levels. The course teaches the techniques of a variety of strokes and includes conditioning activities. Instruction is tailored to meet individual and group needs. This course has the option of a letter grade or pass no/pass. Previously listed as PE 16.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

- L - Standard Letter Grade
- P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. By applying the proper mechanics, intermediate and advanced skill level students will more efficiently perform the freestyle, backstroke, sidestroke, and breaststroke.

ILO: 7, 2, 4

Measure: demonstration

2. By applying the proper mechanics, beginning skill level students will perform the freestyle, elementary backstroke, and backstroke.

ILO: 7, 2, 4

Measure: demonstration

3. The dolphin kick and flip turn will be utilized in class workouts.

ILO: 7, 6, 2, 4

Measure: performance

4. Through the development of swimming skills, the students will recognize and value this physical activity which can be performed throughout life.

ILO: 6, 1, 7, 4

Measure: class discussion

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Inactive Course: 11/26/2012

Students who repeat the class will have the opportunity to learn additional strokes, variations of strokes, and/or improve their technique and conditioning level.

3 - 6 Hours

Class introduction, including course syllabus, grading, and water safety requirements. Pre-testing to determine the skill level of students. Introduce/review freestyle techniques.

SPO: Students will demonstrate their swimming skills. They will list the basic rules of water safety.

6 - 12 Hours

Beginning group will concentrate on floating, rhythmic breathing, and gliding before working on freestyle. Intermediate students will work on the flutter kick, arm pull, and rhythmic breathing. Advanced students will work on their mechanics and practice bi-lateral breathing. Introduce the elementary backstroke to the beginners group. Introduce/review backstroke technique. Stroke will be broken down based on group skill levels. Kick, arm pull, head position, and breathing will be presented.

SPO: The students will demonstrate the various components of the freestyle: flutter kick, arm pull, and breathing. They will perform the freestyle and apply the techniques in class workouts. The correct technique for the elementary backstroke and backstroke, including kick and arm pull, will be demonstrated by the students.

4.5 - 9 Hours

Introduce/review dolphin kick on both stomach and back. Presentation on the flip turn. Information provided on the benefits of swimming as a lifelong activity. Continue working on techniques and strokes presented earlier in the class.

SPO: Students will apply the dolphin kick in conditioning workouts. Each student will attempt a flip turn. They will discuss the lifelong benefits of swimming.

Midterm. This could include a 30 minute swim, 20 freestyle for time,

or re-testing of skill techniques.

4.5 - 9 Hours

Introduce/review the sidestroke. Beginning students will be introduced to the basics of the sidestroke. Intermediate students will work on the traditional and inverted sidestroke techniques. Advanced students will perform the sidestroke on both their dominant and non-dominant sides as well as work on the overarm sidestroke.

SPO: The sidestroke technique(s) learned by the student will be demonstrated. They will incorporate the sidestroke into workout routines.

3 - 6 Hours

Presentation on the breaststroke. The stroke will be broken down based on the student's skill level. The mechanics of the whip kick, frog kick, arm pull, and breathing will be presented. Continue working on techniques and strokes presented earlier.

SPO: The student will explain the difference between the whip kick and the frog kick. The breaststroke, including kick, arm pull, and breathing will be demonstrated.

3 - 6 Hours

Continue to work on improving all strokes as well as the student's conditioning level.

SPO: Students will incorporate the various strokes learned into a fitness workout. They will attempt to include the flip turn in these workout routines.

1.5 - 3 Hours

Post-testing of skills to indicate improvement and the techniques learned.

SPO: Students will demonstrate their swimming skills.

2 Hours

Final.

Included in content section.

#### **METHODS OF INSTRUCTION:**

Demonstration, peer teaching, video

#### **METHODS OF EVALUATION:**

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

None

Other category:

Class participation is required.

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%  
Problem-solving demonstrations: 0% - 0%  
Skill demonstrations: 35% - 55%  
Objective examinations: 0% - 0%  
Other methods of evaluation: 45% - 65%

**JUSTIFICATION:**

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
- 3) This more closely describes what our profession is about.  
"Kinesiology is the academic discipline concerned with the art and science of human movement."
- 4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.
- 5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

**REPRESENTATIVE TEXTBOOKS:**

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N  
CAN:  
CAN Sequence:  
CSU Crosswalk Course Department: KIN  
CSU Crosswalk Course Number: 16  
Prior to College Level: Y  
Non Credit Enhanced Funding: N  
Funding Agency Code: Y  
In-Service: N  
Occupational Course: E  
Maximum Hours: 1  
Minimum Hours: .5  
Course Control Number: CCC000528365  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500