

Course Outline

COURSE: KIN 61 **DIVISION:** 40 **ALSO LISTED AS:** PE 61

TERM EFFECTIVE: Fall 2013 **Inactive Course**

SHORT TITLE: SWIM FOR FITNESS

LONG TITLE: Swim for Fitness

| <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:

Designed to develop endurance and swimming skills in order to maintain good cardiovascular/physical fitness. Intermediate swimming ability recommended. This course has the option of a letter grade or pass/no pass. Previously listed as PE 61.

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, the student will more efficiently perform the freestyle, backstroke, sidestroke, elementary backstroke and breaststroke.

ILO: 7, 2, 6

Measure: demonstration

2. The dolphin kick and the flip turn will be practiced in class workouts.

ILO: 7, 6, 2, 4

Measure: performance

3. Utilizing the freestyle and two other strokes of their choice, the student will swim nonstop for a period of 30-60 minutes.

ILO: 6, 7, 2

Measure: demonstration

4. They will monitor their target heart rate to determine their cardiovascular improvement.

ILO: 6, 2, 7, 1

Measure: demonstration

5. Through the development of swimming skills, the student 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

6.5 - 13 Hours

Course introduction. Information provided on Target Heart Rate and training at your THR as well as the three components of a complete cardiovascular fitness program. Pre-testing of student's fitness level and skill technique. This could include 10 or 20 freestyle for time. Establish individual skill and fitness goals and begin training program.

SPO: Students will calculate their THR. They will be able to explain the three components of a cardiovascular fitness program.

7.5 - 15 Hours

Continue swim for fitness training program. Provide information and have the students experience: the mechanical principles of the freestyle, backstroke, sidestroke, elementary backstroke and breaststroke. Techniques for becoming a more efficient swimmer will be discussed. This will include the head position, stroke pattern, body position, recovery and the kick. A variety of training methods; which could include speed workouts, intervals, ladder workouts, group workouts, kicks/pulls, distance workouts, sets and partner swim will be introduced. Midterm, which may include a 30 minute swim, 20 freestyle for time, and/or retesting.

SPO: Students will demonstrate the freestyle, backstroke, sidestroke, elementary backstroke and breaststroke. They will make adjustments in their technique in order to become a more efficient swimmer.

12 - 24 Hours

The guidelines for a circle swim will be presented. Continue working on cardiovascular fitness program. The techniques for the flip turn and the dolphin kick will be introduced. Workouts completed earlier in the class could be re-introduced. Refinement of stroke/s will

continue. Post-testing to determine improvement levels.

SPO: A flip turn and the dolphin kick will be demonstrated by the students. They will be able to execute a circle swim. Students will participate in a variety of workouts and monitor their THR to determine their training level.

2 Hours

Practical Final.

Students who repeat the class will have the opportunity to improve their technique and conditioning level. The student's skills or proficiencies will be enhanced by supervised repetition and practice.

METHODS OF INSTRUCTION:

Demonstrations, small group interaction.

METHODS OF EVALUATION:

The types of writing assignments required:

Other: PARTICIPATION

The problem-solving assignments required:

None

The types of skill demonstrations required:

None

The types of objective examinations used in the course:

None

Other category:

None

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 0% - 0%

Objective examinations: 0% - 0%

Other methods of evaluation: 0% - 0%

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: 61

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: CCC000528385

Sports/Physical Education Course: Y

Taxonomy of Program: 083500