Course Outline

COURSE: KIN 61A  DIVISION: 40  ALSO LISTED AS: KIN 61  PE 61
TERM EFFECTIVE: Spring 2018  CURRICULUM APPROVAL DATE: 03/13/2017

SHORT TITLE: SWIM FOR FITNESS - LEVEL 1
LONG TITLE: Swim for Fitness - Level 1

<table>
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<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>Lecture:</td>
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<tr>
<td></td>
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<td>Lab:</td>
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<td></td>
<td>Total:</td>
<td>1.5 OR 3</td>
<td>27 OR 54</td>
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COURSE DESCRIPTION:

Designed to develop endurance and improve swimming skills in order to work on one's cardiovascular fitness. Includes use of the dolphin kick and alternate breathing. Intermediate swimming ability is recommended. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 61. Courses should be taken in sequential order.

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. Utilize the freestyle, including alternate breathing and the dolphin kick, and any other strokes to swim nonstop for a period of 30 minutes.

Measure of assessment: demonstration
Year assessed, or planned year of assessment: 2017
Semester: Summer
2. Recognize and value swimming as a physical activity that can be performed throughout life.
Measure of assessment: discussion
Year assessed, or planned year of assessment: 2017

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Curriculum Approval Date: 03/13/2017

6.5 - 13 Hours
Content: Course introduction and pre-testing of student's fitness level and stroke mechanics. Discussion on the benefits of swimming as a way to maintain one's health. Presentation on the dolphin kick and the importance of utilizing this kick each time you push off the wall. Teach all kinds of dolphin kicking: upside down, inside out, on the side, underwater, on top of the water, with a board, without a board, hands up, hands down, with fins, and without fins. Develop and implement a swim for fitness workout program that uses a variety of strokes.
Student Performance Objectives: Participate in pre-testing. List at least 5 benefits of swimming as a way to maintain their health. Demonstrate the dolphin kick, discuss the mechanics of the kick, and explain the importance of utilizing this kick each time you push off the wall. Identify a swim for fitness workout program that utilizes a variety of strokes and meets their needs. Participate in those workouts.

7.5 - 15 Hours
Content: Presentation on the use of alternate breathing with the freestyle stroke. The guidelines for circle-swimming will be presented and used during class workouts. Continue working on the dolphin kick, emphasizing arching the hips up and down followed by a continuous up-and-down press of the knees, ankles, and feet. Continue swim for fitness exercise program, incorporating a variety of workouts, which could include speed workouts, group workouts, kicks and pulls, sets, and partner swims.
Student Performance Objectives: Incorporate the dolphin kick and the alternate breathing pattern during the freestyle section of the class workouts. Execute circle-swimming during class workouts and explain the guidelines and purpose behind its use. Participate in a variety of workout routines.

12 - 24 Hours
Content: Continue working on cardiovascular fitness program, including the use of the dolphin kick off the wall and alternate breathing with the freestyle. The use of training aids; including fins, pull-buoys, kickboards, and hand paddles will be incorporated in class workouts. Post-testing to determine improvement in fitness level and stroke mechanics.
Student Performance Objectives: Experience a variety of workouts that utilize training aids for stroke and cardiovascular fitness improvement. Participate in post-testing.

2 Hours

METHODS OF INSTRUCTION:
Demonstration, Guided Practice, Peer Teaching

METHODS OF EVALUATION:
Skill demonstrations
Percent of total grade: 30.00 %
Demonstration
Other methods of evaluation
Percent of total grade: 70.00 %
Class/student participation required.

OUT OF CLASS ASSIGNMENTS:
Assignment Description: As this is a lab course out of class assignments are not required.

REPRESENTATIVE TEXTBOOKS:
3/24/2017 2
No textbook required.

ARTICULATION and CERTIFICATE INFORMATION
Associate Degree:
- GAV E1, effective 201570
CSU GE:
- CSU E, effective 201570
- CSU E1, effective 201370
IGETC:
UC TRANSFER:
- Transferable CSU, effective 201570
Transferable UC, effective 201570

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: Y
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: 61A
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: CCC000534578
Sports/Physical Education Course: Y
Taxonomy of Program: 127000