

Course Outline

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

TERM EFFECTIVE: Fall 2011 **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. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 61, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

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

REPEATABILITY: R - Course may be repeated
 Maximum of 3 times

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

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 61, effective Fall 2011.

Curriculum Approval Date: 11/26/2007

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%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200830

CSU GE:

CSU E1, effective 200830

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200830

UC TRANSFER:

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: PE

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:

Minimum Hours:

Course Control Number: CCC000246379

Sports/Physical Education Course: Y

Taxonomy of Program: 083500