

Course Outline

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

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 11/10/2020

SHORT TITLE: SWIMMING - BEGINNING

LONG TITLE: Swimming - Beginning

<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:

Co-educational activity designed for the beginning swimmer. Instruction on floating, rhythmic breathing, freestyle, elementary backstroke, and backstroke is included. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 16. 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
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

1. Demonstrate the freestyle, elementary backstroke, and backstroke by applying the proper stroke mechanics.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

2. Explain and utilize water safety rules in both the shallow pool and the deep pool.

Measure of assessment: discussion, performance

Year assessed, or planned year of assessment: 2017

Semester: Fall

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

Curriculum Approval Date: 11/10/2020 - **DE MODIFICATION ONLY**

3 - 6 Hours:

Content: Class introduction, including course syllabus, grading, and water safety requirements. Pre-testing to determine any beginning skills the student might have.

Student Performance Objectives: List the basic rules of water safety as it applies to their skill level. Explain and demonstrate any swimming skills they have.

6 - 12 Hours:

Content: Work on floating, including tuck float and prone float. Presentation on rhythmic breathing, including "bobs". Combine floating with rhythmic breathing. Introduce prone glide and combine with floating and rhythmic breathing. Present back float and back glide and then combine turning over from the prone float/glide to the back float/glide.

Student Performance Objectives: Demonstrate the following swimming skills: tuck float, prone float, "bobs", prone glide, back float, back glide, and turning over. Discuss the importance of rhythmic breathing.

4.5 - 9 Hours:

Content: Continue working on skills to date. Introduce the flutter kick and combine it with the skills covered earlier. Presentation on the freestyle arm pull and combine it with the flutter kick.

Student Performance Objectives: Demonstrate the flutter kick and the arm pull for the freestyle. Combine a variety of skills into a sequence, i.e. prone float/glide into turning over into a back float or back float/glide into turning over and utilizing the freestyle flutter kick and arm pull.

4.5 - 9 Hours:

Content: Expose students to deep water and review safety requirements especially as it applies to deep water. Practice floating, rhythmic breathing, gliding, and turning over skills learned to date in deep water. Introduce the proper breathing technique for the freestyle. Presentation on the elementary backstroke, including arm pull and leg kick.

Student Performance Objectives: Demonstrate their floating, rhythmic breathing, gliding, and turning over skills in the deep pool. Discuss the importance of utilizing the safety rules learned earlier in a deep water situation. Discuss and demonstrate the correct breathing technique for the freestyle. Demonstrate the proper technique for the elementary backstroke.

3 - 6 Hours:

Content: Introduce the backstroke; including body position, arm pull and leg kick. Continue working on the freestyle stroke.

Student Performance Objectives: Demonstrate the proper technique for the backstroke. Discuss the differences and similarities between the backstroke and elementary backstroke. Explain the changes they have made in their freestyle stroke since first learning the mechanics.

3 - 6 Hours:

Content: Continue to work on improving their freestyle, elementary backstroke, and backstroke techniques both in the shallow pool and the deep pool. Experience jumping into the deep pool.

Student Performance Objectives: Demonstrate their freestyle, elementary backstroke, and backstroke in the deep pool. Perform a feet first jump into the deep pool.

1.5 - 3 Hours:

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

Student Performance Objectives: Participate in post-testing. Demonstrate their swimming skills.

2 Hours:

Final

METHODS OF INSTRUCTION:

Demonstration, peer teaching, video.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 0.00 %

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily: Involves skill demonstrations or problem solving

Skill demonstrations

Percent of total grade: 45.00 %

Skill testing.

Other methods of evaluation

Percent of total grade: 55.00 %

Class/student participation is required.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours:

Assignment Description: As this is a lab class no out of class assignments are required.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

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: 16A

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: CCC000534411

Sports/Physical Education Course: Y

Taxonomy of Program: 127000