

Course Outline

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

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

SHORT TITLE: SWIMMING - INTERMEDIATE

LONG TITLE: Swimming - Intermediate

<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 the intermediate swimmer. Instruction on the sidestroke and breaststroke is included as well as continued improvement on the freestyle, elementary backstroke and backstroke. 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 improved mechanics for the freestyle, elementary backstroke, and backstroke.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Fall

2. Perform the sidestroke and breaststroke by utilizing the proper stroke mechanics.

Measure of assessment: demonstration

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 safety practices when entering the pool. Pre-testing to determine the swimming skills each student possess.

Student Performance Objectives: Demonstrate their swimming skills. Explain the safety practices they should utilize when entering the pool.

6 - 12 Hours:

Content: Review freestyle technique, emphasizing the correct head position, breathing technique, shoulder and hip rotation, sculling on the arm pull, and flutter kick. Introduce underwater swimming and incorporate it in class sessions. Review the elementary backstroke; including the recovery, power, and gliding phases and the importance of each phase.

Student Performance Objectives: Discuss and demonstrate the proper technique for the freestyle and elementary backstroke. Demonstrate the ability to swim under water.

4.5 - 9 Hours:

Content: Review the backstroke technique; emphasizing the correct head and body position, shoulder rotation, stroke pattern, and kick. Introduce the technique used for the sidestroke; including the scissors kick, the arm stroke pattern, and the timing. Continue to incorporate under water swimming in class activities.

Student Performance Objectives: Discuss and demonstrate the proper technique for the backstroke. Demonstrate the sidestroke. Explain the technique they use for swimming under water.

4.5 - 9 Hours:

Content: Continue working on skills reviewed and/or learned to date. Introduce treading water. Presentation on the breaststroke; including the head and body position, kick, the arm stroke pattern, and the timing.

Student Performance Objectives: Demonstrate treading water. Discuss and perform the techniques utilized for the breaststroke.

3 - 6 Hours:

Content: Work on the breaststroke, including developing a strong kick and working on the strokes timing. Continue to incorporate treading water in class activities and discuss a variety of techniques that can be used to tread water, such as the eggbeater kick, scissors kick, breaststroke kick, hands out of the water positioning, etc.

Student Performance Objectives: Demonstrate a variety of ways to tread water. Incorporate the correct stroke techniques for developing a stronger breaststroke kick.

3 - 6 Hours:

Content: Continue to work on improving all strokes by applying the proper mechanics. Incorporate under water swimming and treading water in class activities.

Student Performance Objectives: Develop their stroke efficiency by applying the proper stroke mechanics.

1.5 - 3 Hours:

Content: Post-testing of skills to indicate improvement in mechanics and the stroke techniques learned.

Student Performance Objectives: Demonstrate the improvements they have made to their freestyle, elementary backstroke, and backstroke. Execute the sidestroke, breaststroke, under water swimming, and treading water.

2 Hours:

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:

CSU Crosswalk Course Number:

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: CCC000534412

Sports/Physical Education Course: Y

Taxonomy of Program: 127000