



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

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

**TERM EFFECTIVE:** Spring 2023                      **CURRICULUM APPROVAL DATE:** 05/09/2023

**SHORT TITLE:** SWIMMING - ADVANCED

**LONG TITLE:** Swimming - Advanced

<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
		Total Learning Hrs:	27 OR 54	

#### **COURSE DESCRIPTION:**

Coeducational activity designed for the advanced swimmer. Continued improvement on all strokes. Variations of the sidestroke and the butterfly will be covered. 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:

By the end of this course, a student should:

1. Efficiently perform the freestyle, backstroke, sidestroke, and breaststroke.
2. Execute variations of the sidestroke and demonstrate the butterfly.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Execute freestyle, backstroke, sidestroke, and breaststroke mechanics which will make them more efficient in the water.
2. Perform variations of the sidestroke; including utilizing an inverted kick, performing the stroke on their non-dominant side, and doing the over-arm sidestroke.
3. Discuss and demonstrate the butterfly.
4. Incorporate the various strokes learned into a workout.

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

Curriculum Approval Date: 05/09/2023

3 - 6 Hours:

Content: Class introduction, including the course syllabus and grading. Pre-testing to determine the skill level of each student.

6 - 12 Hours:

Content: Review of the freestyle and backstroke. Stroke mechanics which will assist the student in being more efficient swimmers will be presented. Introduction of the techniques for the butterfly; including the head and body position, breathing, the stroke pattern, and the dolphin kick.

4 - 9 Hours:

Content: Continue to work on the stroke mechanics for the butterfly. Utilize techniques that will help improve their freestyle and backstroke in class activities. Review of the sidestroke and breaststroke. Stroke mechanics which will assist the student in being more efficient swimmers will be presented.

4 - 9 Hours:

Content: Introduce variations of the sidestroke; including the inverted kick, performing the stroke on the non-dominant side, and over-arm sidestroke. Continue working on all strokes presented in class.

3 - 6 Hours:

Content: Continue working on techniques and stroke mechanics presented earlier, including the variations of the sidestroke.

3 - 6 Hours:

Content: Continue working on improving all strokes as well as the student's conditioning level.

2 - 4 Hours:

Content: Post-testing of skills to determine improvement and the skills learned.

2 Hours:

Final

**METHODS OF INSTRUCTION:**

Demonstration, peer teaching, video.

**METHODS OF EVALUATION:**

Writing assignments

Evaluation Description

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

Evaluation Percent 45

Evaluation Description

Skill testing.

Other methods of evaluation

Evaluation Percent 55

Evaluation Description

Class/student participation is 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: CCC000534577

Sports/Physical Education Course: Y

Taxonomy of Program: 127000