

Course Outline

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

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

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

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:

1. Efficiently perform the freestyle, backstroke, sidestroke, and breaststroke.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Fall

2. Execute variations of the sidestroke and demonstrate the butterfly.

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 the course syllabus and grading. Pre-testing to determine the skill level of each student.

Student Performance Objectives: Demonstrate their swimming skills. Explain the course requirements and how they will be graded.

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.

Student Performance Objectives: Execute freestyle and backstroke mechanics which will make them more efficient in the water. Discuss and demonstrate the butterfly.

4.5 - 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.

Student Performance Objectives: Execute sidestroke and breaststroke mechanics which will make them more efficient in the water. Demonstrate continued improvement of the butterfly.

4.5 - 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.

Student Performance Objectives: 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 - 6 Hours:

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

Student Performance Objectives: Discuss the improvements they have made on their strokes. Explain the variations that can be performed on the sidestroke.

3 - 6 Hours:

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

Student Performance Objectives: Incorporate the various strokes learned into a workout.

1.5 - 3 Hours:

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

Student Performance Objectives: Demonstrate the proper mechanics for the strokes presented during the course.

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: KIN

CSU Crosswalk Course Number: 16C

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: CCC000534577

Sports/Physical Education Course: Y

Taxonomy of Program: 127000