

**Course Outline**

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

**TERM EFFECTIVE:** Spring 2021                      **CURRICULUM APPROVAL DATE:** 12/8/2020

**SHORT TITLE:** SWIM FOR FITNESS - LEVEL 1

**LONG TITLE:** Swim for Fitness - Level 1

<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 improve swimming skills in order to work on one's cardiovascular fitness. Includes use of the dolphin kick and alternate breathing. Intermediate swimming ability is recommended. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 61. 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

737 - Dist. Ed Internet LAB-LEH 0.7

## STUDENT LEARNING OUTCOMES:

1. Utilize the freestyle, including alternate breathing and the dolphin kick, and any other strokes to swim nonstop for a period of 30 minutes.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Summer

2. Recognize and value swimming as a physical activity that can be performed throughout life.

Measure of assessment: discussion

Year assessed, or planned year of assessment: 2017

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

Curriculum Approval Date: 12/8/2020

### **DE MODIFICATION ONLY**

6.5 - 13 Hours

Content: Course introduction and pre-testing of student's fitness level and stroke mechanics. Discussion on the benefits of swimming as a way to maintain one's health. Presentation on the dolphin kick and the importance of utilizing this kick each time you push off the wall. Teach all kinds of dolphin kicking: upside down, inside out, on the side, underwater, on top of the water, with a board, without a board, hands up, hands down, with fins, and without fins. Develop and implement a swim for fitness workout program that uses a

variety of strokes.

Student Performance Objectives: Participate in pre-testing. List at least 5 benefits of swimming as a way to maintain their health. Demonstrate the dolphin kick, discuss the mechanics of the kick, and explain the importance of utilizing this kick each time you push off the wall. Identify a swim for fitness workout program that utilizes a variety of strokes and meets their needs. Participate in those workouts.

7.5 - 15 Hours

Content: Presentation on the use of alternate breathing with the freestyle stroke. The guidelines for circle-swimming will be presented and used during class workouts. Continue working on the dolphin kick, emphasizing arching the hips up and down followed by a continuous up-and-down press of the knees, ankles, and feet. Continue swim for fitness exercise program, incorporating a variety of workouts, which could include speed workouts, group workouts, kicks and pulls, sets, and partner swims.

Student Performance Objectives: Incorporate the dolphin kick and the alternate breathing pattern during the freestyle section of the class workouts. Execute circle-swimming during class workouts and explain the guidelines and purpose behind its use. Participate in a variety of workout routines.

12 - 24 Hours

Content: Continue working on cardiovascular fitness program, including the use of the dolphin kick off the wall and alternate breathing with the freestyle. The use of training aids; including fins, pull-buoys, kick-boards, and hand paddles will be incorporated in class workouts. Post-testing to determine improvement in fitness level and stroke mechanics.

Student Performance Objectives: Experience a variety of workouts that utilize training aids for stroke and cardiovascular fitness improvement. Participate in post-testing.

2 Hours

### **METHODS OF INSTRUCTION:**

Demonstration, Guided Practice, Peer Teaching

**METHODS OF EVALUATION:**

Skill demonstrations

Percent of total grade: 30.00 %

Demonstration

Other methods of evaluation

Percent of total grade: 70.00 %

Class/student participation required.

**OUT OF CLASS ASSIGNMENTS:**

Assignment Description: As this is a lab course out of class assignments are not required.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**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: 61A

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: CCC000534578

Sports/Physical Education Course: Y

Taxonomy of Program: 127000