

Course Outline

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

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

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
		Total Learning Hrs:	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:

By the end of this course, a student should:

1. Utilize the freestyle, including alternate breathing and the dolphin kick, and any other strokes to swim nonstop for a period of 30 minutes.
2. Recognize and value swimming as a physical activity that can be performed throughout life

COURSE OBJECTIVES:

By the end of this course, a student should:

1. List at least 5 benefits of swimming as a way to maintain one's health.
2. Demonstrate the dolphin kick and discuss the mechanics of the kick.
3. Incorporate the dolphin kick and the alternate breathing pattern during the freestyle section of the class workouts.
4. Identify and complete a swim for fitness workout program that utilizes a variety of strokes and meets their needs.

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

Curriculum Approval Date: 05/09/2023

6 - 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.

7 - 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.

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.

2 Hours

Final

METHODS OF INSTRUCTION:

Demonstration, Guided Practice, Peer Teaching

METHODS OF EVALUATION:

Skill demonstrations
Evaluation Percent 30
Evaluation Description
Demonstration

Other methods of evaluation
Evaluation Percent 70
Evaluation Description
Class/student participation 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:
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: CCC000534578
Sports/Physical Education Course: Y
Taxonomy of Program: 127000