



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 61B **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 2

LONG TITLE: Swim for Fitness - Level 2

<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 improve endurance in order to maintain one's cardiovascular fitness. Includes use of streamlining and flip turns. 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
- 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. Utilize the freestyle, including streamlining and flip turns, and two other strokes to swim nonstop for a period of 45 minutes.
2. Monitor target heart rate to determine cardiovascular fitness improvement.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Calculate and monitor one's THR and explain the three components of a cardiovascular fitness program.
2. Demonstrate the correct streamlining position, discuss the reasons why you would utilize this technique, and explain the three parts to streamlining.
3. Demonstrate a freestyle open turn and a flip turn.
4. List their fitness goals and complete workouts which help them achieve those goals.

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

Curriculum Approval Date: 05/09/2023

6 - 13 Hours

Content: Course introduction and pre-test to determine fitness level and stroke mechanics. Information provided on Target Heart Rate (THR) and training at your THR, as well as the three components of a complete cardiovascular fitness program. Develop a program to establish cardiovascular fitness and participate in workouts that help achieve that fitness level.

7 - 15 Hours

Content: Presentation on streamlining, including the techniques and benefits. The technique will be broken down into three parts: the push-off, the transition, and the breakout. Continue swim for fitness training workouts, incorporating streamlining in each program. Workouts could include time trials, interval training, and descending sets. Workouts could be manipulated by increasing intensity during training and/or descending or building using intervals. THR will be monitored to determine workout effort.

12 - 24 Hours

Content: Discussion and presentation on a freestyle open turn, including the body positioning and pushing off the wall into a streamlined position. Provide information and have the students experience a flip turn; including the somersault, half twist, and push off the wall into the streamlined position. Continue cardiovascular fitness swimming program, incorporating streamlining and flip turns in a variety of workout routines. Continue monitoring THR. 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: CCC000534579
Sports/Physical Education Course: Y
Taxonomy of Program: 127000