

**Course Outline**

**COURSE:** KIN 61B                      **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 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

**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
- 737 - Dist. Ed Internet LAB-LEH 0.7

## **STUDENT LEARNING OUTCOMES:**

1. Utilize the freestyle, including streamlining and flip turns, and two other strokes to swim nonstop for a period of 45 minutes.

Measure of assessment: Demonstration

Year assessed, or planned year of assessment: 2017

Semester: Summer

2. Monitor target heart rate to determine cardiovascular fitness improvement.

Measure of assessment: Demonstration, Discussion

Year assessed, or planned year of assessment: 2017

Semester: Summer

## **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-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.

Student Performance Objectives: Participate in pre-testing. Calculate and monitor their THR. Explain the three components of a cardiovascular fitness program. List their fitness goals and complete workouts which help them achieve those goals. Develop a program to establish cardiovascular fitness. Participate in class workouts.

7.5 - 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.

Student Performance Objectives: Demonstrate the correct streamlining position. Discuss the reasons why you would utilize this technique and explain the three parts to streamlining. Include streamlining as they push off the wall during their workouts. Participate in a variety of workout programs. Monitor their THR to determine the intensity level of their workouts.

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.

Student Performance Objectives: Demonstrate a freestyle open turn and a flip turn. Explain the importance of pushing off the wall in

a streamlined position. Utilize these types of turns in a variety of workouts. Monitor their THR to determine their effort. Participate in post-testing.

2 Hours

Final

**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:**

Required Outside Hours:

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: 61B

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: CCC000534579

Sports/Physical Education Course: Y

Taxonomy of Program: 127000