Las Positas College
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Course Outline for KIN SWF2

SWIMMING FOR FITNESS 2

Effective: Fall 2013

I. CATALOG DESCRIPTION:
KIN SWF2 — SWIMMING FOR FITNESS 2 — 0.50 - 2.00 units

This is an intermediate level swim fitness course with an emphasis in sprint training. This course will teach the student about the different aspects of sprint training as they relate to different distances (50 and 100 yards/meters). Instruction will also include sprint training for each of the competitive strokes (backstroke, breaststroke, and butterfly).

0.50 - 2.00 Units Lab

Strongly Recommended
KIN SWF1 - Swimming for Fitness 1

KIN SW3 - Swimming 3

Grading Methods:
Letter or P/NP

Discipline:
- Physical Education

Family: Kinesiology Swimming Fitness

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINSWF1
B. KINSW3
1. Perform 100 yards of front crawl with proficient side-breathing and 100 yards backstroke, each with competitive flip-turn; 50 yards breaststroke and 50yards butterfly, each with the correct competitive turn; 100 yard Individual Medley with correct turns, and a 500 yard continuous swim using any combination of swim strokes.
2. Employ and demonstrate efficiency techniques for each competative stroke.
3. Utilize swimming equipment, such as kickboards, pull buoys, and fins, to strengthen swim technique.
4. Demonstrate knowledge of an appropriate warm-up for swimming
5. Utilize pace clocks to incorporate intervals into a training regimen to enhance skill development.
6. Demonstrate competative breathing techniques associated with each stroke

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

A. Discuss which energy systems apply to sprint training.
B. Demonstrate a training methodology that will increase power and speed in swimming.
C. Recognize similarities in sprint training for each stroke.
D. Demonstrate an efficient stroke for sprinting.
E. Identify alternative dryland activities that will compliment sprint training.

V. CONTENT:
A. Review of fundamental strokes
1. Backstroke
2. Freestyle
3. Breaststroke
4. Butterfly
B. Overview of the body's energy systems
1. ATP-CP
2. Anaerobic glycolysis
3. Aerobic glycolysis

C. Sprint Training Methodologies
    1. Aerobic needs
    2. Threshold
    3. VO_2 max
    4. Lactate Tolerance
    5. Lactate Production
    6. Power
    7. Speed
D. Sprint Training for Specific Strokes
    1. Freestyle
    2. Butterfly
    3. Backstroke
    4. Breaststroke
E. Technique
    1. Efficiency
    2. Technological tools
        a. Front-mount snorkel, paddles, fins, tempo trainer, etc
F. Sprint training options
    1. dryland activities
    2. resistance training

VI. METHODS OF INSTRUCTION:
A. Verbal explanations of techniques
B. Land and water demonstrations
C. Verbal explanation of training methodologies
D. Individual correction and practice
E. Class drills

VII. TYPICAL ASSIGNMENTS:

A. Read handouts and text on swimming and sprint training

B. Swim repetitive laps utilizing selected energy system training methodologies

C. Examine current trends in sprint training from reputable resources online

VIII. EVALUATION:
A. **Methods**

1. Exams/Tests
2. Class Participation
3. Class Performance

B. **Frequency**

1. Participation
    a. Daily
2. Exams
    a. 1-2 per semester
3. Class Performance
    a. 2-4 per semester

IX. TYPICAL TEXTS:
1. Salo, Dave (2008). *Complete conditioning for swimming*. Champaign, Illinois: Human Kinetics.
2. Maglischo, Ernest (2003). *Swimming Fastest* (3rd revised ed.). : Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:
A. Swim suit, goggles. Swim cap for those with with long hair.