

Las Positas College  
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## Course Outline for KIN SW2

### SWIMMING 2

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN SW2 — SWIMMING 2 — 1.00 - 2.00 units

This is a beginning level course designed to teach fundamental swimming skills. Emphasis will be on developing basic swimming techniques for the freestyle and backstroke, and include an introduction to breaststroke, butterfly, and sidestroke. Students will also learn aquatic safety methods.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN SW1 - Swimming 1  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

**Family:** Kinesiology Swimming

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	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. KINSW1

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate competency of beginning level swimming skills; including basic swim strokes (competitive and non-competitive);
- B. Demonstrate proper body position for butterfly and breaststroke
- C. Recognize a stroke drill for each of the four competitive strokes
- D. Illustrate the basic breathing technique for each of the four competitive strokes
- E. Utilize kickboards and fins to strengthen swim technique

#### V. CONTENT:

- A. Review of aquatic safety techniques, including drown-proofing, floating, and treading water
- B. Review of fundamental strokes listed below:
  - 1. Backstroke (competitive)
  - 2. Front Crawl Stroke (Freestyle)
  - 3. Elementary backstroke
- C. Explanation, demonstration, and practice of new strokes
  - 1. Breaststroke
  - 2. Butterfly
- D. Fundamental techniques and drills
  - 1. Freestyle
  - 2. Backstroke
  - 3. Breaststroke
  - 4. Butterfly
- E. Basic Breathing Techniques
  - 1. Freestyle
  - 2. Backstroke
  - 3. Breaststroke
  - 4. Butterfly
- F. Equipment
  - 1. Fins

## 2. Kickboards

### VI. METHODS OF INSTRUCTION:

- A. Lecture and handouts
- B. Verbal explanation and visual cuing
- C. Quizzes and demonstrations
- D. Practice of technique
- E. Student participation
- F. Visual and physical demonstration

### VII. TYPICAL ASSIGNMENTS:

- A. Define the front crawl and explain the technique.
- B. Describe and demonstrate the techniques of the breaststroke.
- C. Write a brief analysis of the purpose and function of a drill relating to a specific swim stroke.
- D. Demonstrate the ability to swim freestyle while utilizing the side-breathing technique (so that the hairline is at water level, thus allowing proper head-turn for side-breathing) the width of the pool or 25 yards.

### VIII. EVALUATION:

#### A. **Methods**

- 1. Exams/Tests
- 2. Papers
- 3. Class Participation
- 4. Final Class Performance

#### B. **Frequency**

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

### IX. TYPICAL TEXTS:

- 1. Baker, Nick *The Swimming Triangle: A Holistic Approach to Competitive Swimming.*, Positive Swimming, 2012.
- 2. Young, Mark *The Complete Guide to Simple Swimming.* Second ed., Educate and Learn Publishing, 2011.

### X. OTHER MATERIALS REQUIRED OF STUDENTS: