

Las Positas College
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Course Outline for KIN SWB

SWIMMING-BEGINNING

Effective: Spring 2009

I. CATALOG DESCRIPTION:

KIN SWB — SWIMMING-BEGINNING — 0.50 - 2.00 units

An introductory course designed to teach fundamental swimming skills. Emphasis will be on developing proper swimming techniques, including non-competitive and competitive swim strokes (freestyle, side-stroke, backstroke, breaststroke, and butterfly). Students will also learn aquatics safety methods and the fundamentals of starts and turns.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Describe and apply aquatic safety methods, including drown-proofing technique
- B. Demonstrate competency of beginning level swimming skills, including basic swim strokes and floating skills, and the four competitive strokes;
- C. Utilize swimming equipment, such as kickboards, etc., to strengthen swim technique
- D. Perform fundamental swim starts and turns.

V. CONTENT:

- A. Aquatic safety techniques, including drown-proofing, floating, and treading water
- B. Non-competitive swim strokes, such as sidestroke and elementary backstroke
- C. Fundamental techniques for competitive swim strokes, including freestyle, backstroke, breaststroke, and butterfly (optional)
- D. Review of fundamental strokes listed below:
 1. Back stroke (elementary, intermediate)
 2. Front Crawl Stroke (elementary, intermediate)
 3. Breast Stroke (intermediate)
 4. Side Stroke (intermediate)
 5. Back Crawl Stroke (intermediate)
- E. Explanation, demonstration and practice of new strokes
 1. Over-arm Side Strokes (intermediate)
 2. Inverted Breast Stroke (intermediate)
- F. Starts and Turns
- G. Distance Swims
- H. Breathing Techniques
- I. Breathing Techniques

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. Learn beginning front crawl and technique. B. Describe and demonstrate the techniques of the breaststroke. C. Write a brief analysis of the technique and mechanics of the freestyle, backstroke, and breaststroke while utilizing contrast to other competitive stroke turns. D. Demonstrate the ability to swim freestyle, backstroke, and breaststroke 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. Quizzes
3. Class Participation
4. Class Performance
5. Other:
 - a. Methods
 1. Student participation
 2. Performance of proper swimming techniques
 3. Participation and effort demonstrated
 4. Demonstration of skills learned
 5. Written quizzes

B. **Frequency**

1. Frequency
 - a. Daily evaluation of student progress/participation by instructor
 - b. Midterm and final examination

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS: