

Las Positas College
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Course Outline for KIN 50

INTERCOLLEGIATE SWIMMING & DIVING

Effective: Spring 2017

I. CATALOG DESCRIPTION:

KIN 50 — INTERCOLLEGIATE SWIMMING & DIVING — 3.00 units

This course is for intercollegiate swimming and diving competition conducted through the NCAA and the CCCAA.

3.00 Units Lab

Strongly Recommended

KIN SW3 - Swimming 3
with a minimum grade of C

KIN SWF1 - Swimming for Fitness 1
with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

	MIN
Lab Hours:	162.00
Total Hours:	162.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

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

A. 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 50 yards 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. Utilize pace clocks to incorporate intervals into a training regimen to enhance skill development.

B. KINSWF1

1. Organize a training goal based upon aquatic training principles.
2. Recognize the effect cross training and strength training have on performance

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate advanced swimming and diving skills appropriate to intercollegiate level athletic competition;
- B. Develop a high level of physical conditioning;
- C. Exhibit proper etiquette and sportsmanship throughout the athletic experience;
- D. Evaluate various contest situations and integrate appropriate solutions;
- E. Demonstrate how diet affects exercise and performance;
- F. Apply NCAA and CCCAA rules and regulations.

V. CONTENT:

- A. Pre-season conditioning and fitness
- B. Early season team preparation
 1. Team Rules
 2. Equipment
 3. Eligibility
 4. Physicals
- C. Practice
 1. Develop individual skills and conditioning (distance swimming, interval training, stroke techniques, sprints, middle distance, kicking and pulling sets, individual medley, start and turn technique)
 2. Review of rules and regulations in accordance with the NCAA and the CCCAA
 3. Develop race strategies
- D. Intercollegiate Competition
 1. Refine individual skills, such as technique, dives, turns, conditioning for specific distances.

2. Develop team tactics and strategy.
3. Transfer skills and knowledge into conference meets, non-conference meets, Conference Championships, NorCal Championships (diving only), State Championships.
4. Discuss how diet affects performance
 - a. Proper nutrition
- E. Post Season and Evaluation
 1. All-American awards
 2. Banquet

VI. METHODS OF INSTRUCTION:

- A. Demonstration of drills/skills
- B. Team Meetings 1. Pre-Competition 2. Post-Competition
- C. Daily practice 1. Individual and group activities
- D. **Lecture** - 1. Explain the proper technique, body position, and tactical skills

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities
- B. Participate in drills
- C. Participate in competition
- D. Evaluate race outcomes

VIII. EVALUATION:

- A. **Methods**
 1. Class Participation
 2. Class Performance
 3. Final Class Performance
- B. **Frequency**
 1. Class Participation - Daily practice
 2. Class Performance - Scheduled competitions
 3. Final Class Performance
 - a. Conference Championships
 - b. State Championships

IX. TYPICAL TEXTS:

1. National Collegiate Athletic Association. *2015-2016 NCAA Men's and Women's Swimming and Diving Rules.*, NCAA, 2014.
2. Riewald, Scott, and Scott Rodeo. *Science of Swimming Faster.* First ed., Human Kinetics, 2015.
3. Huber, Jeff. *Springboard and Platform Diving.* First ed., Human Kinetics, 2015.
4. 2016 CCCAA Swim & Dive Championship Handbook

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Competitive swim suit
- B. Goggles
- C. Swim Cap