Las Positas College
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Course Outline for KIN SWF4

SWIMMING FOR FITNESS 4

Effective: Fall 2015

I. CATALOG DESCRIPTION:
KIN SWF4 — SWIMMING FOR FITNESS 4 — 1.00 - 2.00 units

This is an intermediate level swim fitness course with an emphasis in distance training. This course will teach the student about the different aspects of distance training for freestyle as they relate to specific race distances: 800/1500 meters and 1000/1650 yards. Instruction will also include an introduction to open water swimming techniques and strategies.

1.00 - 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:	54.00	108.00
Total Hours:	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. 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 how each energy system applies to distance training and racing
B. Summarize the relationship of power and speed as they relate to distance swimming.
C. Identify the benefits interval training and pacing have on distance swimming
D. Recognize the importance kicking plays into distance training
E. Compare and contrast distance swimming in the pool to open water swimming
F. Demonstrate efficiency techniques learned from using the front-mount snorkel
G. Identify appropriate alternative dryland activities that complement distance training

V. CONTENT:
A. Review of Freestyle Technique
B. Overview of the body's energy systems
1. ATP-CP
2. Anaerobic glycolysis
3. Aerobic glycolysis
C. Understanding How Each Energy System Plays a Part in Distance Racing
D. Distance Training Methodologies

1. Aerobic needs
2. Threshold Pace
3. VO_2 max
4. Lactate Tolerance
5. Lactate Production
6. Power
7. Speed

E. Distance Training
1. Kicking
2. Pulling
3. Individual Medley
4. Pacing
5. Interval Training

F. Open Water
1. Differences from the pool
2. Common race lengths
3. Equipment
4. Breathing strategies
5. Spotting

G. Technique
1. Importance of efficiency
2. Technology tools
    a. Front-mount snorkel, paddles, fins, tempo trainer, etc

H. Alternative training options
1. dryland activities
2. resistance training

VI. METHODS OF INSTRUCTION:
A. **Lecture** - Verbal explanations of training methodologies
B. **Observation and Demonstration** - Skills and drills
C. **Individualized Instruction** - Correction and practice
D. **Demonstration** - Land and water

VII. TYPICAL ASSIGNMENTS:
A. Read handouts and text on swimming and specific race distance training
B. Swim repetitive laps utilizing selected energy system training methodologies
C. Examine current trends in distance training from reputable resources online
D. Perform timed swims

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. Hannula, Dick, and Nort Thornton. *The Swim Coaching Bible, Volume 2.* First ed., Human Kinetics, 2012.
2. Taormina, Sheila, and Rowdy Gaines. *Swim Speed Strokes for Swimmers and Triathletes.* First ed., Velopress, 2014.
3. Scott, Reiwald, and Rodeo Scott. *The Science of Swimming Faster.* First ed., Human Kinetics, 2015.

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