

Las Positas College  
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## Course Outline for KIN SWF 3

### SWIMMING FOR FITNESS 3

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

KIN SWF 3 — SWIMMING FOR FITNESS 3 — 0.50 - 2.00 units

This is an intermediate level swim fitness course with an emphasis in middle distance training. This course will teach the student about the different aspects of middle distance training for freestyle as they relate to specific race distances: 200, 400, and 500. Instruction will also focus on the 200 & 400 Individual Medley and the 200's of the 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:**

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	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 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. Employ and demonstrate efficiency techniques for each competitive 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 competitive 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 middle distance training
- B. Demonstrate how to maintain Threshold Pace throughout a given swim set
- C. Summarize differences in training for each of the stroke 200's
- D. Demonstrate training methodologies for the Individual Medley
- E. Evaluate stroke efficiency of during class demonstrations
- F. Select appropriate alternative dryland activities that complement middle distance 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. Understanding How Each Energy System Plays a Part in Middle Distance Racing

D. Middle Distance Training Methodologies

1. Aerobic needs
2. Threshold Pace
3. VO<sub>2</sub> max
4. Lactate Tolerance
5. Lactate Production
6. Power
7. Speed

E. Training for the 200's of the Strokes

1. Freestyle
2. Butterfly
3. Backstroke
4. Breaststroke

F. Training for the Individual Medley

1. 200 IM
2. 400 IM

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 middle distance 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.