

Las Positas College
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Course Outline for KIN SW3

SWIMMING 3

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN SW3 — SWIMMING 3 — 0.50 - 2.00 units

This is an Intermediate Swimming course. Instruction includes refining the competitive strokes (freestyle, backstroke, butterfly, breaststroke), the introduction of the individual medley, and competitive turns for each stroke.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN SW2 - Swimming 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Swimming

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	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. KINSW2

IV. MEASURABLE OBJECTIVES:

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

- 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.
- Employ and demonstrate efficiency techniques for each competitive stroke.
- Utilize swimming equipment, such as kickboards, pull buoys, and fins, to strengthen swim technique.
- Demonstrate knowledge of an appropriate warm-up for swimming
- Utilize pace clocks to incorporate intervals into a training regimen to enhance skill development.
- Demonstrate competitive breathing techniques associated with each stroke

V. CONTENT:

- Refinement of the fundamental techniques for competitive swim strokes, including freestyle, backstroke, breaststroke, and butterfly through various drills specific to each stroke
- Review of fundamental strokes listed below:
 - Freestyle
 - Breaststroke
 - Backstroke
 - Butterfly
- Introduction to the Individual Medley
- Competitive turns for each stroke
 - Freestyle
 - Breaststroke
 - Backstroke
 - Butterfly
 - Individual Medley
- Introduction to Conditioning for Swimming
 - Proper warm up techniques

2. Aerobic swims
3. Specific distance swims
4. Swim equipment
 - a. Fins
 - b. Kickboard
 - c. Pull Buoy
5. Understanding a pace clock
- F. Competitive breathing techniques and strategies
 1. Competitive strokes
 2. Turns

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Learn competitive breaststroke and butterfly technique.
- B. Describe and demonstrate the techniques of the freestyle flip turn.
- C. Write a brief analysis of the techniques and mechanics of the freestyle and backstroke, and contrast with breaststroke and butterfly.
- D. Demonstrate the ability to swim the 100 Individual Medley (Butterfly, Backstroke, Breaststroke, Freestyle).
- E. Use a pace clock to follow training regimen (Swim 10x50 on 1:20)

VIII. EVALUATION:

A. **Methods**

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

B. **Frequency**

1. Exams/Tests
 - 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 (2012). *The Swimming Triangle: A Holistic Approach to Competitive Swimming*. : Positive Swimming.
2. Montgomery, J and Chambers, M (2009). *Mastering Swimming*. Champaign, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are required to wear appropriate swim attire (swim suit, goggles, and swim caps for those with long hair).