

Las Positas College
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Course Outline for KIN SWF 1

SWIMMING FOR FITNESS 1

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN SWF 1 — SWIMMING FOR FITNESS 1 — 0.50 - 2.00 units

This course is designed to introduce students to conditioning for swimming. This is a broad level course that will utilize a variety of strokes to increase cardiovascular fitness, as well as introduce the students to different training methodologies.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN SW2 - Swimming 2

Grading Methods:

Letter or P/NP

Discipline:

	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:

- Demonstrate safe warm-up and cool-down techniques
- Organize each swimming stroke and/or a competitive stroke into a training program.
- Illustrate a personalized training program based upon aquatic fitness training principles.
- Organize a training goal based upon aquatic training principles.
- Recognize the benefits of cardiovascular endurance.
- Recognize the effect cross training and strength training have on performance

V. CONTENT:

- Review of fundamental strokes
 - Backstroke
 - Front Crawl Stroke (freestyle)
 - Breaststroke
 - Butterfly
- Review of the Individual Medley
- Warming up and cooling down
- Training for specific strokes and events
 - Relationship of training for all distances
 - Benefits of training for all distances
- Building Endurance
- Benefits of cardiovascular endurance
- Benefits of cross-training/strength training

VI. METHODS OF INSTRUCTION:

- Verbal explanations of techniques
- Land and water demonstrations
- Verbal explanation of training methodologies
- Individual correction and practice
- Class drills

VII. TYPICAL ASSIGNMENTS:

- A. Read handouts and text on swimming and cardiovascular condition
- B. Swim repetitive laps utilizing selected swim strokes
- C. Write a complete swim workout with specific training goals in mind

VIII. EVALUATION:

A. **Methods**

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

B. **Frequency**

- 1. Class Participation
 - a. Daily
- 2. Exams
 - a. 1-2 per semester
- 3. Papers
 - a. 1-2 per semester
- 4. 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.
- 3. Hannula, D and Thornton, N (2012). *The Swim Coaching Bible, Volume II*. Champaign, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Swim suit, goggles. Swim cap for those with with long hair.