

Las Positas College  
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## Course Outline for KIN 51

### PRE-SEASON TRAINING - SWIMMING & DIVING

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN 51 — PRE-SEASON TRAINING - SWIMMING & DIVING — 1.00 - 2.00 units

This course is designed to give student-athletes participating in intercollegiate swimming and diving the opportunity to enhance fitness levels and skills prior to competition season. Course content will include technique, aerobic conditioning, race specific training, and dryland/weight training.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN SW3 - Swimming 3

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### 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. 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. Demonstrate a specific stroke drill with a stated objective
- B. Generalize aerobic training methods
- C. Employ a pre-season weight program using principles of overload and progression
- D. Summarize the benefits of alternative activities to swim training
- E. Explain the benefits of using the dry board and trampoline to increase performance for springboard diving.

#### V. CONTENT:

- A. Overview of the off-season
  1. Goal Setting for pre-season
- B. Technique and efficiency
  1. Drilling
    - a. Freestyle
    - b. Backstroke
    - c. Breaststroke
    - d. Butterfly
  2. Stroke count
- C. Conditioning
  1. Establishing an aerobic base
  2. Threshold
  3. Race Pace
  4. Stroke specific training
  5. Individual Medley training

- D. Weight Training
  - 1. Progression
  - 2. Overload
- E. Alternative Conditioning Activities
  - 1. Water Polo
  - 2. Ultimate Frisbee
  - 3. Basketball
- F. Diving
  - 1. 1 meter
  - 2. 3 meter
  - 3. Trampoline
  - 4. Dry Board

#### VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Drills and technique
- B. **Simulations** - Competition situations
- C. **Demonstration** - Diving
- D. **Critique** - Efficiency
- E. **Individualized Instruction** - Stroke specific work. Also, diving.
- F. **Discussion** - Training methodologies. Benefits of strength training and dryland activities.

#### VII. TYPICAL ASSIGNMENTS:

- A. Student will participate in all activities of the course
- B. Student will perform skills/drills to enhance efficiency
- C. Student will participate in weight training/dryland activities to enhance overall fitness
- D. Student will learn a progressively more complex diving list
  - 1. 1 meter
  - 2. 3 meter

#### VIII. EVALUATION:

- A. **Methods**
  - 1. Class Participation
  - 2. Class Performance
  - 3. Final Class Performance
- B. **Frequency**
  - 1. Participation
    - a. Daily
  - 2. Class Performance
    - a. 4-5 per semester
  - 3. Final Class Performance
    - a. 1 per semester

#### IX. TYPICAL TEXTS:

- 1. National Collegiate Athletic Association (2011). *2012-2013 NCAA Men's and Women's Swimming and Diving Rules*. Indianapolis, Indiana: NCAA.
- 2. Hannula, D and Thornton, N (2012). *The Swim Coaching Bible, Volume II*. Champaign, Illinois: Human Kinetics.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS: