

Las Positas College
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Course Outline for KIN SWA

SWIMMING ADVANCED

Effective: Summer 2011

I. CATALOG DESCRIPTION:

KIN SWA — SWIMMING ADVANCED — 2.00 units

This is an advanced course designed to enhance the overall knowledge and fitness for the advanced swimmer. The emphasis will be on training for competition (Intercollegiate, High School, Open Water, Triathlon, USA Swimming, and Recreational League). Instruction will also include refining the competitive strokes, starts, and turns.

2.00 Units Lab

Strongly Recommended

KIN SWBI - SWIMMING-BEGIN/INTERMEDIATE
or

KIN SWF1 - Swimming for Fitness 1

Grading Methods:

Discipline:

Family: Kinesiology Swimming

	MIN
Lab Hours:	108.00
Total Hours:	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. KINSWBI

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. Utilize swimming equipment, such as kickboards, etc., to strengthen swim technique.
3. Utilize pace clocks to incorporate intervals into a training regimen.
4. Perform fundamental swim starts and turns.
5. Demonstrate and utilize safety procedures, warm-up techniques and incorporate aquatic equipment into their aquatic fitness regimen;
6. Employ and demonstrate efficiency techniques.
 - a. Streamline and drag reduction
 - b. Maximizing distance traveled per stroke
 - c. Proper body position with horizontal and lateral alignment
 - d. Advanced breathing techniques

B. KINSWF1

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate advanced swimming and diving skills appropriate to intercollegiate, high school, recreational league, open water, or triathlon swimming competition;
- B. Develop a high level of physical conditioning;
- C. Exhibit proper etiquette and sportsmanship throughout;
- D. Evaluate various contest situations and integrate appropriate solutions;
- E. Demonstrate how diet affects exercise and performance.

V. CONTENT:

- A. Pre-participation evaluation
- B. Early season preparation
 1. Rules
 2. Equipment

C. Practice

1. Develop individual skills and conditioning (distance swimming, interval training, stroke techniques, sprints, middle distance, kicking and pulling sets, individual medley, start and turn technique)
2. Utilize technological training equipment to enhance objectives: stretch cordz, front-mount snorkel, and the tempo trainer.
3. Develop race strategies

D. Preparation for Competition

1. Refine individual skills, such as technique, dives, turns, conditioning for specific distances.
2. Develop team tactics and strategy.
3. Prepare to transfer skills and knowledge into competition (USA Swimming, Intercollegiate, High School, Open Water, and Triathlons).

VI. METHODS OF INSTRUCTION:

- A. **Lecture** - 1. Explain the proper technique, body position, and efficiency skills
- B. Practice 1. Individual and group activities
- C. Demonstration of drills/skills

VII. TYPICAL ASSIGNMENTS:

A. Participate in practice session activities B. Participate in drills C. Calculate Training Heart Rate D. Develop a single workout plan for a specific discipline (sprint, distance, Individual Medley, stroke, or mid-distance). E. Provide a 1 page essay on the effects of resistance training to swimming

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Other:
 - a. Methods
 1. Skill Improvement
 2. Fitness Tests, 1-4 per semester
 3. Written Assignments, 1-2 per semester
 4. Written Final Exam, 1-2 per semester

B. **Frequency**

1. Frequency
 - a. Written Assignments, 1-2 per semester
 - b. Examinations, 1-2 per semester

IX. TYPICAL TEXTS:

1. Salo, Dave and Scott A. Riewald *Complete Conditioning For Swimming.*, Human Kinetics, 2008.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Competitive swim suit
- B. Goggles
- C. Swim Cap