

Las Positas College
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Course Outline for KIN SW1

SWIMMING 1

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN SW1 — SWIMMING 1 — 1.00 - 2.00 units

An introductory course designed to teach basic swimming skills and is designed for non-swimmers who cannot complete one length of the pool (25 yards). Emphasis will be on the physical and psychological adjustment to the water as well as basic swimming stroke technique. Students will also learn aquatics safety methods.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Swimming

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

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Employ beginning level breathing: blowing bubbles, bobbing, turning the head to the side
- B. Describe and apply aquatic safety methods, including drown-proofing technique
- C. Demonstrate competency of beginning level swimmers, including floating skills, and comfort in the water;
- D. Demonstrate the basic techniques of freestyle and backstroke for 25 yards.
- E. Demonstrate the basic techniques of a non-competitive stroke, elementary backstroke
- F. Perform fundamental entries into the water, shallow and deep.
- G. Identify common swim training equipment

V. CONTENT:

- A. Aquatic safety techniques, including drown-proofing, floating, and treading water
- B. Non-competitive swim strokes, such as elementary backstroke
- C. Fundamental techniques for competitive swim strokes, including freestyle and backstroke
- D. Explanation, demonstration and practice of new strokes
 1. Elementary backstroke
 2. Front Crawl Stroke
 3. Backstroke
- E. Breathing techniques: blowing bubbles underwater, bobbing, and turning the head to the side.
- F. Entry in to shallow and deep water
- G. General information about swimming: explanation of equipment, names of equipment, and how to use equipment.

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Learn beginning front crawl technique.
- B. Learn floating and treading water techniques.
- C. Describe and demonstrate the techniques of the elementary backstroke.
- D. Demonstrate the ability to swim freestyle utilizing the side-breathing technique (so that the hairline is at water level, thus allowing proper head-turn for side-breathing) the width of the pool or 25 yards.

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
- B. Quizzes
- C. Class Participation
- D. Class Performance
- E. Other
 - 1. Student participation
 - 2. Performance of proper swimming techniques
 - 3. Participation and effort demonstrated
 - 4. Demonstration of skills learned
 - 5. Written quizzes

IX. TYPICAL TEXTS:

- 1. Young, Mark (2011). *The Complete Guide to Simple Swimming* (2nd ed.). : Educate and Learn Publishing.
- 2. Baker, Nick (2012). *The Swimming Triangle: A Holistic Approach to Competitive Swimming*. : Positive Swimming.

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).