Las Positas College
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Course Outline for KIN SW4

SWIMMING 4

Effective: Fall 2015

I. CATALOG DESCRIPTION:
KIN SW4 — SWIMMING 4 — 1.00 - 2.00 units

This is an advanced course designed to enhance the overall knowledge and technique for the aspiring swimmer. Instruction will include an in depth analysis of stroke, turn, and start techniques used in competition (Intercollegiate, High School, Open Water, Triathlon, USA Swimming, and Recreational League).

1.00 - 2.00 Units Lab

Strongly Recommended
KIN SW3 - Swimming 3

Grading Methods:
Letter or P/NP

Discipline:

Family: Kinesiology Swimming

	MIN	MAX
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:

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 50yards 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 competative stroke.
3. Utilize swimming equipment, such as kickboards, pull buoys, and fins, to strengthen swim technique.
4. Utilize pace clocks to incorporate intervals into a training regimen to enhance skill development.
5. Demonstrate competative breathing techniques associated with each stroke

IV. MEASURABLE OBJECTIVES:

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

A. Compare and contrast stroke techniques using video analysis
B. Describe the benefits of using the front-mount snorkel
C. Demonstrate a competative race start
D. Construct multiple stroke drills that lead to a stated objective for one stroke
E. Evaluate NCAA Swimming Rules and Regulations and apply them in a race situation
F. Demonstrate how to reduce friction and drag in an aquatic environment

V. CONTENT:
A. Stroke technique evaluation
1. Video Analysis
2. Stroke demonstration
B. Stroke drills
1. Freestyle
2. Backstroke
3. Butterfly
4. Breaststroke
C. Technical Products
1. Front-Mount Snorkel
2. Tempo Trainer
3. Fins
4. Swim Paddles

5. Monofin
6. Stretch Cordz

D. Race Starts
E. Theory
    1. Understanding the relationship of training/repetitition to stroke development
    2. Hydrodynamic Principles
        a. Streamlining
        b. Friction
        c. Drag Reduction
F. Rules and Regulations
    1. NCAA
    2. USA Swimming

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

VII. TYPICAL ASSIGNMENTS:
A. Participate in practice session activities
B. Participate in drills
C. Develop a series of drills to enhance the development of a particular stroke
D. Provide a written, detailed explanation of the advancements in stoke technique technology

VIII. EVALUATION:
A. **Methods**

1. Other:
    a. Skill Improvement
    b. Fitness Tests, 1-4 per semester
    c. Written Assignments, 1-2 per semester
    d. Written Final Exam, 1 per semester

B. **Frequency**

1. Written Assignments, 1-2 per semester
2. Examinations, 1-2 per semester

IX. TYPICAL TEXTS:
1. Young, Mark *The Complete Guide to Simple Swimming.*, Educate and Learn Publishing, 2011.
2. National Collegiate Athletic Association *2012-2013 NCAA Men's and Women's Swimming and Diving Rules.*, NCAA, 2011.
3. Baker, Nick *The Swimming Triangle: A Holistic Approach to Competative Swimming.*, Positive Swimming, 2012.
4. 2012-2013 NCAA Swimming & Diving Rules and Regulations. Available online at NCAA.org

X. OTHER MATERIALS REQUIRED OF STUDENTS:
A. Competitive swim suit
B. Goggles
C. Swim Cap for those with long hair