

Las Positas College
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Course Outline for KIN SWF

SWIMMING FOR FITNESS

Effective: Spring 2009

I. CATALOG DESCRIPTION:

KIN SWF — SWIMMING FOR FITNESS — 0.50 - 2.00 units

This course is designed to enable students to develop a high level of cardiovascular fitness. The student will utilize a variety of strokes to increase strength and fitness. Emphasis will be on developing proper swimming techniques, including non-competitive and competitive swim strokes (freestyle, backstroke, breaststroke, and butterfly).

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Swimming Fitness

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate and utilize safety procedures, warm-up techniques and incorporate aquatic equipment into their aquatic fitness regimen;
- B. Understand and implement each fitness/swimming stroke and or a competitive stroke into a training program;
- C. Employ and demonstrate efficiency techniques.
 1. Streamline and drag reduction
 2. Maximizing distance traveled per stroke
 3. Proper body position with horizontal and lateral alignment
 4. Advanced breathing techniques
- D. Organize training goals based upon aquatic fitness training principles.
- E. Design personalized training programs based upon aquatic fitness training principles.

V. CONTENT:

- A. Review of fundamental strokes
 1. Back Stroke, (Elementary, Intermediate and Advanced Levels)
 2. Front Crawl Stroke, (Elementary, Intermediate and Advanced Levels)
 3. Breast Stroke, (Intermediate and Advanced Levels)
 4. Side Stroke (Intermediate and Advanced Levels)
 5. Back and Crawl Stroke, (Intermediate and Advanced Levels)
- B. Explanation, demonstration and practice of new strokes
 1. Over-arm Side Stroke, (Intermediate and Advanced Levels)
 2. Inverted Breast Stroke, Intermediate and Advanced Levels)
 3. Butterfly, (Advanced)
- C. Starts and Turns
- D. Distance Swims
- E. Breathing Techniques
- F. Explain the benefits of cardiovascular endurance

VI. METHODS OF INSTRUCTION:

- A. Verbal explanations of techniques
- B. Individual correction and practice
- C. Class drills
- D. Land and water demonstrations

VII. TYPICAL ASSIGNMENTS:

- A. Read handouts on swimming and cardiovascular condition B. Swim repetitive laps utilizing selected swim strokes

VIII. EVALUATION:

- A. **Methods**

1. Class Performance

2. Other:

- a. Evaluate and explain the principles of training to develop cardiovascular conditioning.
- b. Based upon your performance and the pre-test at the beginning of the semester develop along term goal (end of the semester) and three short term goals (at least weekly) that can help guide your progress through the semester. Submit to your instructor for feedback.
- c. Breast stroke, back stroke or freestyle swim for 10 minutes during the third week of the semester to determine the number of yards covered within the time period. Repeat at the end of the semester and write a brief evaluation on your results commenting on the effectiveness of your training program and goals. Keep a record in chart form of progress in all skill tests, ranging from 10 minutes swim, 500 yd. Freestyle, and individual stroke time trails. The students will be encouraged to keep a daily log of their lessons and what they learned and their distances (and how they felt during and after their workouts).

B. Frequency

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Swim suit, goggles and a drying towel