

Las Positas College  
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**Course Outline for KIN SWBI  
SWIMMING-BEGIN/INTERMEDIATE**

**Effective: Fall**

**I. CATALOG DESCRIPTION:**

KIN SWBI — SWIMMING-BEGIN/INTERMEDIATE — 0.50 - 2.00 units

An introductory course designed to teach the basic fundamentals, stroke techniques, and safety skills. For Beginning Swimming, the emphasis will be on developing proper swimming techniques, including non-competitive and competitive swim strokes (freestyle, sidestroke, backstroke, breaststroke, and butterfly). Intermediate Swimming instruction includes refining the competitive strokes, introduction of the Individual Medley, starts and turns. Students will also learn aquatics safety methods.

0.50 - 2.00 Units Lab

**Strongly Recommended**

KIN SW1 - Swimming 1

**Grading Methods:**

**Discipline:**

**Family:** Kinesiology Swimming

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	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. KINSW1

**IV. MEASURABLE OBJECTIVES:**

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

- A. 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.
- B. Utilize swimming equipment, such as kickboards, etc., to strengthen swim technique.
- C. Utilize pace clocks to incorporate intervals into a training regimen.
- D. Perform fundamental swim starts and turns.
- E. Demonstrate and utilize safety procedures, warm-up techniques and incorporate aquatic equipment into their aquatic fitness regimen;
- F. Understand and implement each fitness/swimming stroke and or a competitive stroke into a training program;
- G. 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
- H. Organize training goals based upon aquatic fitness training principles.

**V. CONTENT:**

- A. Aquatic safety techniques, including treading water
- B. Non-competitive swim strokes, such as sidestroke and elementary backstroke
- C. Fundamental techniques for competitive swim strokes, including freestyle, backstroke, breaststroke, and butterfly
- D. Review of fundamental strokes listed below:
  - 1. Elementary Backstroke
  - 2. Front Crawl Stroke
  - 3. Breaststroke
  - 4. Sidestroke
  - 5. Backstroke
  - 6. Butterfly
- E. Starts and Turns

- F. Individual Medley
- G. Distance Swims
- H. Breathing Techniques
- I. Training Methodologies

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

A. Learn breaststroke and butterfly technique. B. Describe and demonstrate the techniques of the freestyle flip turn. C. Write a brief analysis of the techniques and mechanics of the freestyle and backstroke, and contrast with breaststroke and butterfly. D. Demonstrate the ability to swim the 100 Individual Medley (Butterfly, Backstroke, Breaststroke, Freestyle). E. Use a pace clock to follow training regimen (Swim 10x50 on 1:20)

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Class Participation
- 4. Class Performance
- 5. Other:
  - a. Methods
    - 1. Student participation
    - 2. Performance of proper swimming techniques
    - 3. Participation and effort demonstrated
    - 4. Demonstration of skills learned
    - 5. Written quizzes

B. **Frequency**

- 1. Frequency
  - a. Daily evaluation of student progress/participation by instructor
  - b. Midterm and final examination

IX. TYPICAL TEXTS:

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).