

Las Positas College
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Course Outline for KIN 50

INTERCOLLEGIATE SWIMMING/DIVING

Effective: Fall 2010

I. CATALOG DESCRIPTION:

KIN 50 — INTERCOLLEGIATE SWIMMING/DIVING — 0.20 units

Training for intercollegiate competition. Daily practice.

0.20 Units Lab

Strongly Recommended

KIN SWBI - SWIMMING-BEGIN/INTERMEDIATE
or

KIN SWF1 - Swimming for Fitness 1

Grading Methods:

Discipline:

	MIN
Lab Hours:	10.80
Total Hours:	10.80

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. Understand and implement each fitness/swimming stroke and or a competitive stroke into a training program;
7. 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
8. Organize training goals based upon aquatic fitness training principles.

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 level athletic competition;
- B. Develop a high level of physical conditioning;
- C. Exhibit proper etiquette and sportsmanship throughout the athletic experience;
- D. Evaluate various contest situations and integrate appropriate solutions;
- E. Demonstrate how diet affects exercise and performance;
- F. Understand and apply NCAA and CCAA rules and regulations.

V. CONTENT:

- A. Pre-season conditioning and fitness
- B. Early season team preparation
 1. Team Rules
 2. Equipment
 3. Eligibility
 4. Physicals

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. Review of rules and regulations in accordance with the NCAA and the CCCAA
3. Develop race strategies

D. Intercollegiate Competition

1. Refine individual skills, such as technique, dives, turns, conditioning for specific distances.
2. Develop team tactics and strategy.
3. Transfer skills and knowledge into conference meets, non-conference meets, Conference Championships, NorCal Championships (diving only), State Championships.

E. Post Season and Evaluation

1. All-American awards
2. Banquet

VI. METHODS OF INSTRUCTION:

- A. **Lecture** - 1. Explain the proper technique, body position, and tactical skills
- B. Team Meetings 1. Pre-Competition 2. Post-Competition
- C. Daily practice 1. Individual and group activities
- D. Demonstration of drills/skills

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities B. Participate in drills C. Participate in competition

VIII. EVALUATION:

A. **Methods**

1. Other:
 - a. Methods
 1. Skill Improvement
 2. Attitude and demeanor
 3. Fitness Tests
 4. Competitive achievement

B. **Frequency**

1. Frequency
 - a. Daily practice
 - b. Scheduled competitions

IX. TYPICAL TEXTS:

1. Las Positas College Intercollegiate Athletics Team Handbook

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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