COURSE OUTLINE OF RECORD

Number: PE G110
Title: Swimming For Fitness

Originator: Instructor Placeholder AAA

Formerly Known As:

Cross Listed Course:

Semester Units: 0.5 – 1.0
Hrs Lec: 0.0  Hrs Lab: 18.0 – 36.0  Hrs Other: 0.0
Contact Hrs Total: 18.0 - 0.0
Study Non-Contact Hrs Recommended: 0.0 - 0.0

Catalog Description:
This course is designed for swimmers with intermediate skills. The swimmer will be introduced to the latest techniques and methods for cardiovascular conditioning through swimming. UC Credit Limitations. See counselor.

Justification for Course:

Prerequisites:

Corequisites:

Advisories:

Assigned Disciplines:
Physical Education

Material Fee: Yes [ ] No [X] Amount: $0.00

Credit Status: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]


Open Entry/Open Exit: Yes [ ] No [X]

Transfer Status: CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

Basic Skills Status: Yes [ ] No [X]

Levels Below Transfer: Not Applicable

California Classification Codes: Y - Not Applicable

Non-Credit Course Category: Y - Not applicable, Credit Course

Occupational (SAM) Code: E

Repeatable According to State Guidelines: No [X] Yes [ ] Number Repeats:

Required for Degree or Certificate: No [ ] Yes [X]
Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development(Associate in Arts)

GE and Transfer Requirements Met:

Course Level Student Learning Outcome(S) Supported by this course:

1. recognize and identify stroke technique problems and explain ways to improve them.
2. plan and arrange a minimum of four swimming workouts.
3. demonstrate the correct stroke techniques using the crawl and back strokes.
4. test his or her cardiovascular efficiency by completing a mile swim.
5. assess cardiovascular efficiency by calculation of heart rate at rest and during exercise.

Course Objectives:
1. assess cardiovascular efficiency by calculation of heart rate at rest and during exercise.
2. test his/her cardiovascular efficiency by completing a mile swim.
3. demonstrate the correct stroke techniques using the crawl and back strokes.
4. plan and arrange a minimum of four swimming workouts.
5. recognize and identify stroke technique problems and discuss ways to improve them.

COURSE CONTENT:

LECTURE CONTENT:
LABORATORY CONTENT:

I. Introduction
A. Course objectives
B. Explanation of swimming terms

II. Equipment
A. Swimsuit types
B. Goggles
C. Apparatus

III. Methods of training
A. Interval
B. Resistance
C. Over distance
   1. relaxation
   2. pacing
D. Hypoxic
E. Sprint

IV. Measurement of cardiovascular efficiency
A. Pulse rate
B. Time improvement
C. Interval improvement

V. Stroke techniques
A. Arm drills
   1. using paddles
   2. using pull buoy
B. Kicking drills

METHODS OF INSTRUCTION:

A. Lab:
B. Tutoring – noncredit:
C. Field Experience:
D. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:
Out-of-class Assignments
The learner will observe a competitive swim meet comparing and evaluating the different stroke techniques of the swimmers.

Writing Assignments
1. The learner will evaluate his/her cardiovascular efficiency by completing a mile swim.
2. The learner will demonstrate the correct stroke techniques using the crawl and back strokes.
METHODS OF STUDENT EVALUATION:
Final Exam
Written Assignments
Projects (ind/group)
Skills Demonstration

Demonstration of Critical Thinking:
1. The learner will be able to plan and arrange a minimum of four swimming workouts.
2. The learner will be able to recognize and identify stroke technique problems and discuss ways to improve them.

Required Writing, Problem Solving, Skills Demonstration:
1. The learner will evaluate his/her cardiovascular efficiency by completing a mile swim.
2. The learner will demonstrate the correct stroke techniques using the crawl and back strokes.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Proper swimsuit
2. Swim cap
3. Goggles
4. Kickboard
5. Hand paddles
6. Pull buoy

LIBRARY:
Adequate library resources include:

Comments:

Attachments:
Attached Files