This course is designed to make people water safe. Students will receive instruction and practice in the fundamental skills of swimming. The course is recommended for swimmers with little or no previous experience, swimmers who can complete two laps of the pool with coordinated breathing, and swimmers with advanced skills. 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 [ ]

GRADING POLICY: Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]

TRANSFER STATUS: CSU Transferable [ ] UC/CSU Transferable [X] Not Transferable [ ]

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)

Kinesiology (Associate in Arts for Transfer)

Physical Education and Health (Associate in Arts)

GE AND TRANSFER REQUIREMENTS MET:
- CSU GE Area E: Lifelong Understanding and Self-Development
  - E2 - Activity Course

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. assess individual strokes and other swimming skills to gain maximum efficiency in the water.
2. demonstrate his or her ability to advance to more demanding aquatic activities.
3. demonstrate his or her ability to properly perform all of the basic swimming strokes as well as all advanced techniques as appropriate for this level.

**COURSE OBJECTIVES:**
1. demonstrate his/her ability to maintain floatation for an extended period of time and be "water safe" under all normal circumstances.
2. demonstrate his/her ability to properly do all of the basic swimming strokes as well as all advanced techniques as described in this outline; section II -A items 1 through 20
3. demonstrate his/her ability to advance to more demanding aquatic activities, i.e. advanced swimming, swimming for fitness, masters swimming, team activities, or Professional Physical Education 2 or 3.
4. assess individual strokes and other swimming skills to gain maximum efficiency in the water.
5. understand aerobic/anaerobic workouts
6. understand interval training.
7. understand how to use the pace clock for training
8. understand swimming terminology.

**COURSE CONTENT:**

**LECTURE CONTENT:**

**LABORATORY CONTENT:**

A. During the course of the semester, the student should master and be able to demonstrate acceptable performance in the following skills:
1. treading water
2. sculling
3. swim, turn, float, etc.
4. elementary backstroke
5. sidestroke
6. breast stroke
7. crawl stroke
8. backstroke / back crawl
9. underwater swim
10. diving
11. breath control
12. drown proofing
13. conditioning (endurance)
14. flutter kick
15. dolphin kick
16. breaststroke kick
17. lane swimming etiquette
18. swim terminology
19. reading the pace clock
20. aerobic/anaerobic workouts

B. Through class discussion and practice, the students shall demonstrate their knowledge and ability to handle problems which may occur at the pool or in ocean waters.

C. Be able to swim a minimum of 22 laps (1/4 mile) in the 20 yard section of the G.W.C. pool (swim must be continuous).

D. Understand the concept of aerodynamics of swimming

E. Relationship of nutrition and physical activity
1. Elements of proper diet
a. fats  
b. carbohydrates  
c. vitamins and minerals  
d. protein  
e. fuel sources during training  
f. Exercise science  
   1. ATP (sprint swimming)  
   2. Aerobic training  
   3. Aerobic pace  
   4. Anaerobic training  
   5. Anaerobic threshold

METHODS OF INSTRUCTION:

A. Lab:  
B. Tutoring – noncredit:  
C. Independent Study:  

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Out-of-class Assignments

1. The student will spend additional time in the pool or in other aquatic elements to determine first hand his/her ability to spend an extended time in the water and to practice the methods for personal water safety. This practice shall be under controlled conditions.  
2. The student will swim distance whenever possible so as to increase his/her endurance and time in the water when he/she will be water safe.  
3. The student will access individual skills and strokes and determine the need for individual practice and improvements of skills.  
4. View videos on swimming skills.

Writing Assignments

1. The student will demonstrate his/her awareness of the necessity to be water safe when engaging in aquatic activities which are so common in California.  
2. The student will perform through demonstration his/her ability to maintain flotation for an extended period of time using a variety of techniques.  
3. The student will demonstrate his/her ability to properly perform all of the basic and advanced strokes as well as perform other advanced aquatic techniques as described in this course outline, section II-A items 1 through 20.  
4. The student will demonstrate the etiquette of lane swimming.  
5. The student will demonstrate a knowledge in the use of the pace clock.

Reading Assignments


METHODS OF STUDENT EVALUATION:

Written Assignments  
Objective Examinations  
Projects (ind/group)  
Problem Solving Exercises  
Oral Presentations  
Skills Demonstration
Demonstration of Critical Thinking:

1. The student will consider his/her level of aquatic ability and be aware of his/her limitations with regard to the duration of time he/she would be able to maintain flotation.
2. The student will be aware that conditions for survival will vary greatly due to water conditions and water temperature, and will know what type of apparel to utilize to maximize his/her chances for survival. This will include the utilization of exposure equipment as well as P.F.D.s.
3. The student will be able to determine energy conservation and the types of stroke or strokes he/she will be able to use to maintain themselves over the longest duration of time.
4. The student will observe and critique two stroke skills of other students in the class.
5. Each student will design one "set" for the class to perform.

Required Writing, Problem Solving, Skills Demonstration:

1. The student will demonstrate his/her awareness of the necessity to be water safe when engaging in aquatic activities which are so common in California.
2. The student will perform through demonstration his/her ability to maintain flotation for an extended period of time using a variety of techniques.
3. The student will demonstrate his/her ability to properly perform all of the basic and advanced strokes as well as perform other advanced aquatic techniques as described in this course outline, section II -A items 1 through 20.
4. The student will demonstrate the etiquette of lane swimming.
5. The student will demonstrate a knowledge in the use of the pace clock.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Swim suit, swim cap (women), swim goggles, (optional: swim paddles and kickboard)

LIBRARY:

Adequate library resources include:

Comments:

Attachments:

Attached Files