

KINE-100B: INTERMEDIATE SWIMMING

Effective Term

Fall 2020

BOT Approval

02/13/2020

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

100B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Swimming

Short Title

Intermediate Swimming

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Changing subject code to KINE. Changing hours and units, no longer variable.

SECTION B - Course Description
Catalog Course Description

Course is designed to learn the intermediate techniques of swimming, terminology and fluid mechanics. Strokes will included back crawl, breast stroke and butterfly strokes.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**Advisory Prerequisite(s)**

Completion of KINE-100 with a minimum grade of C.

SECTION D - Course Standards**Is this course variable unit?**

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Emergency Only
Hybrid	Emergency Only

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Upon completion of the course, students will be able to demonstrate and perform intermediate swimming strokes consisting of freestyle, backstroke, breaststroke and butterfly.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Comprehend and apply the mechanics of intermediate swimming strokes including freestyle, backstroke, breaststroke and butterfly.
2.	Comprehend and apply the biomechanical principles involved in closed course turns.
3.	Compare and evaluate race strategies.
4.	Learn proper use of equipment and training aids.
5.	Learn and apply use of pace clocks.
6.	Comprehend and apply the principles of physical conditioning as related to swimming.

Course Content

1. Safety concepts involved in swimming.
2. Introduction to intermediate swimming strokes: freestyle, backstroke, breaststroke, butterfly.
3. Stroke analysis and biomechanical applications.
4. Race techniques and turn practices.
5. Equipment usage.
6. Swimming etiquette.
7. Terminology.
8. Psychology of training.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Students will be required to participate in swimming activities.
Critique	Students will receive individual analysis.
Lecture	Students will be presented stroke mechanics, safety techniques, race techniques, philosophy, race psychology and equipment to enhance learning

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Individualized Instruction	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Discussions

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Name 3 drills that are used to improve freestyle stroke. Describe how you would cycle your training to achieve peak performance for a scheduled event.
Portfolios	Students will be required to keep an exercise portfolio listing all exercises and related activities. Students will be required to keep a food diary and will adjust nutritional intake according to physical demands.
Performances	Final Class Performance - Students are required to demonstrate proficiency in 4 major strokes. Students must develop a written workout plan.

Assignments

Reading Assignments

Textbook and handout assignments.
 Chapter 1: Stroke analysis

Handouts: Nutrition for swimming energy

Writing Assignments

Students will prepare a written log and stroke analysis.

Students will develop written strategy for training.

Students will maintain a nutritional log tracking dietary needs.

Outside-of-Class Assignments

Students will be required to physically demonstrate 4 basic strokes, turning techniques and use of training tools.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

McCloud, A

Title

Swimming: Swimming Made Easy- Beginner and Expert Strategies for Becoming A Better Swimmer (Swimming, Swimmers Guide, Swim Strokes, Swimming Better)

Edition/Version

1st

Publisher

CreateSpace Independent Publishing Platform

Year

2015

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616626

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No