

KINE-100: 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

100

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Swimming

Short Title

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

Swimming 100 is an introduction to the basic fundamentals of swimming. This course will instruct the student in basic water safety skills-introduction to the water, front and back floating, prone glide, flutter kick on front and back, arm stroke both front and back, rhythmic breathing and drown proofing. This course is to emphasize mental and physical adjustment to the water.

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**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.	Students will demonstrate swimming safety and basic rescue techniques.
2.	Students will demonstrate basic swimming strokes.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Perform basic rescue techniques for non-swimmers.
2.	Overcome their fear of the water through exposure.
3.	Utilize proper breathing techniques.
4.	Display floating positions (prone and supine) and recovery.
5.	Perform proper movement of legs and arms for basic swim strokes of crawl, backstroke, breaststroke, sidestroke.

Course Content

1. Expose students to the water.
2. Teach basic skills
 - a. front float and recovery
 - b. back float and recovery
 - c. arm actions on front

- d. leg actions on front
- e. arm actions on back
- f. leg action on back
- g. swimming on side
- h. roll over from front to back and back to front
- i. combine stroke on front
- j. combine stroke on back
- k. explore drownproofing and levels of comfort in deeper water
- l. basic swim strokes-crawl, backstroke, breast stroke, sidestroke
- m. swimming log requirements

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Students will be asked to demonstrate learned skills.
Lecture	Students will have lectures and demonstrations on basic strokes. Students will have lecture on basic survival skills and will be required to demonstrate.

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	1. Testing of practical skills learned 2. Written knowledge on skills introduced

Assignments

Reading Assignments

Students will have materials provided to read from the American Red Cross - Learn to Swim Program. Students will read assigned chapters relating to strokes learned.

Writing Assignments

Students will read weekly assigned materials which relate to skills being introduced at that time. Students will be required to compile a swimming log recording their swimming progress.

Outside-of-Class Assignments

Students will be required to demonstrate and evaluate progress of stroke progressions.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

American Red Cross

Title

Swimming and Water Safety Manual

Edition/Version

9th

Publisher

American Red Cross

Year

2014

Material Type

Other required materials/supplies

Description

Swimsuit, cap, goggles

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616625

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