



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 240B
Descriptive Title: Intermediate Swimming

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course is designed to teach intermediate level swimming skills. Emphasis is on enhancing stroke efficiency in freestyle, backstroke, elementary backstroke, and sidestroke. The fundamental mechanics of breaststroke and butterfly will be introduced. Additional emphasis will be placed on water safety skills and fitness.

Note: Letter grade or pass/no pass option.

Conditions of Enrollment: Prerequisite
Physical Education 240A
with a minimum grade of C
or
equivalent skill

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Both
Credit Status Associate Degree Credit

Transfer CSU: Effective Date: 2/21/2017
Transfer UC: Effective Date: Proposed

General Education:
El Camino College: 5 – Health and Physical Education
Term: Fall 2017 Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: _____ Other: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. The student will demonstrate proficiency in a two hundred yard non-stop swim using freestyle or backstroke.
2. The student will demonstrate alternate breathing while swimming freestyle.
3. The student will demonstrate how to prevent aquatic emergencies in various environments and to introduce and practice self rescue techniques.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate freestyle using alternate breathing and be comfortable breathing to either side.
Class Performance
2. Demonstrate backstroke with good body rotation and head position.
Class Performance
3. Demonstrate side stroke with correct side position and an effective scissor kick.
Class Performance
4. Demonstrate breaststroke with a legal breaststroke kick.
Class Performance
5. Demonstrate an effective dolphin kick using fins.
Class Performance
6. Exhibit basic pool safety behavior that will reduce the possibility of accidents around an aquatic facility.
Performance exams
7. Create an exercise plan for swimming as a part of life time fitness.
Presentation
8. Demonstrate swimming skill efficiency and fitness level to swim 200 yards non-stop using a variety of strokes.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	3	I	Water Safety A. Facility B. Personal/Others C. Swimming Accessories

			D. Swimming/Pool Equipment
Lab	12	II	Freestyle A. Body Position B. Legs - Kicking from the hip C. Arms - Pulling Mechanics D. Breathing - Introduction to Alternate E. Drills - Stroke Improvement
Lab	6	III	Backstroke A. Body Position B. Legs - Kicking from the Hip C. Arms - Pulling Mechanics D. Breathing E. Drills - Stroke Improvement
Lab	3	IV	Sidestroke A. Body Position B. Legs - Scissor kick C. Arms D. Breathing - Head position E. Timing - Arms/Legs F. Drills - Stroke Refinement
Lab	2	V	Elementary Backstroke A. Body Position B. Legs C. Arms D. Breathing E. Drills
Lab	8	VI	Breast Stroke A. Body Position B. Legs C. Arms D. Breathing E. Timing F. Drills
Lab	8	VII	Butterfly A. Body Position B. Legs - Dolphin Kick C. Arms D. Breathing E. Timing - Coordinating Arms & Legs F. Drills - Stroke Refinement
Lab	12	VIII	Swim Conditioning (Training Techniques) A. Aerobic Training B. Anaerobic Training C. Interval Training D. Sprinting E. Calculating Target Heart Rate F. Setting Goals
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to the instructor alternate breathing skills while swimming freestyle.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Demonstrate to the instructor good technique and be able to correct deficient skills while swimming freestyle.
2. Analyze backstroke skills and demonstrate to the instructor drills to increase proficiency.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Class Performance

Presentation

V. INSTRUCTIONAL METHODS

Demonstration

Discussion

Group Activities

Laboratory

Lecture

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

Ernest W. Maglischo. Swim Fastest. Human Kinetics, 2003.

Qualifier Text: Discipline Standard,

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

Swimsuit, goggles, swim cap (if hair is longer than 3 inches)

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
Course Prerequisite Physical Education- 240A or	Sequential
Non-Course Prerequisite	Without fundamental swimming skills and having the ability to float and tread water for a minute, the student would be at risk of drowning and the student would not have the minimal skill level to succeed in the course.

B. Requisite Skills

Requisite Skills
Students will need to know basic swimming skills. PE 240A - Demonstrate proper stroke mechanics when swimming freestyle, backstroke, elementary backstroke and sidestroke for a minimum distance of 25 yards. PE 240A - Demonstrate the proper mechanics when jumping and diving into a swimming pool from the pool deck. PE 240A - Apply appropriate mechanics to successfully tread water for one minute. PE 240A - Apply the principles of buoyancy by successfully changing float positions from prone to supine, and visa-versa.

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Traci Granger on 03/02/2016.

BOARD APPROVAL DATE: 02/21/2017

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised by Traci Granger on 03/02/2016