



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 240C
Descriptive Title: Advanced Swimming

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course is designed for advanced swimmers. Instruction, practice, and refinement will be emphasized for freestyle, backstroke, butterfly and breaststroke. Competitive turns for all four strokes will be discussed and practiced. Cardiovascular interval training techniques and exercise programs will be discussed and practiced. Aquatic activities such as water polo, diving, and aquatic games will be introduced.

Note: Letter grade or pass/no pass option.

Conditions of Enrollment: Prerequisite
Physical Education 240B
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: Prior to July 1992
Transfer UC: Effective Date: Prior to July 1992

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

CSU GE: E - Lifelong Understanding and Self-Development

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. Students will demonstrate advancement in personal cardiovascular conditioning.
2. Students will demonstrate legal breaststroke for 50 yards including a competitive turn.
3. Students will calculate swim pace and departure times using a pace clock for interval training.

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 improved stroke mechanics for freestyle, backstroke, elementary backstroke and sidestroke at an advanced level.
Performance exams
2. Demonstrate competitive turns for all four competitive strokes.
Performance exams
3. Demonstrate proper use of a pace clock for interval training.
Performance exams
4. Demonstrate effective swimming skills, conditioning, and pacing to complete a minimum 500 yard swim.
Performance exams
5. Demonstrate proficiency in breaststroke and butterfly.
Performance exams
6. Demonstrate a basic knowledge of a variety of aquatic activities like water polo, springboard diving, and aquatic games.
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	8	I	Freestyle Mechanics A. Body position B. Arm mechanics C. Kick mechanics

			D. Flip turn mechanics
Lab	8	II	Backstroke Mechanics A. Body position B. Arm mechanics C. Kick mechanics D. Turn mechanics
Lab	8	III	Breaststroke Mechanics A. Body position B. Arm mechanics C. Kick mechanics D. Turn mechanics
Lab	4	IV	Sidestroke and Elementary Backstroke A. Body position B. Arm mechanics C. Kick mechanics D. Stroke coordination
Lab	8	V	Butterfly Mechanics A. Body position B. Arm mechanics C. Kick mechanics D. Turn mechanics
Lab	14	VI	Training Methods A. Pace clock use B. Interval training C. Energy system development (aerobic/anaerobic) D. Training equipment
Lab	4	VII	Additional Aquatic Activities A. Water polo B. Springboard diving C. Aquatic games
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, the principles of sculling and body undulation to swim breaststroke more efficiently.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Demonstrate and explain to instructor the mechanics and value of the shoulder roll in the performance of the freestyle.

2. Demonstrate to instructor the stroke coordination of a one-arm butterfly drill as it applies to the whole stroke. Explain the importance of this drill as it applies to entire butterfly stroke.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Class Performance

V. INSTRUCTIONAL METHODS

Demonstration

Discussion

Group Activities

Laboratory

Lecture

Multimedia presentations

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

Handouts on stroke mechanics

D. OTHER REQUIRED MATERIALS

Swimsuit

Goggles

Swimcap (if hair is longer than 3 inches)

Towel

VIII. CONDITIONS OF ENROLLMENT

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

Requisites	Category and Justification
Course Prerequisite Physical Education-240B	Sequential
Non-Course Prerequisite	Students without intermediate swimming skills and unable to swim 200 yards continuously are not likely to keep pace with instruction and the physical rigor of the course which would limit their success and safety in the course.

B. Requisite Skills

Requisite Skills
Swim 200 yards continuously in deep water. PE 240B - Demonstrate swimming skill efficiency and fitness level to swim 200 yards non-stop using a variety of strokes.
Demonstrate intermediate swimming skills for the freestyle, backstroke and sidestroke. PE 240B - Demonstrate freestyle using alternate breathing and be comfortable breathing to either side. PE 240B - Demonstrate backstroke with good body rotation and head position. PE 240B - Demonstrate side stroke with correct side position and an effective scissor kick. PE 240B - Demonstrate swimming skill efficiency and fitness level to swim 200 yards non-stop using a variety of strokes.

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
--------------------------------	-----------------------------------

D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
--	--------------------------------------

Course created by K. Rodarm on 09/01/1973.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 02/21/2017

Last Reviewed and/or Revised by Traci Granger on 10/12/2016