

I.
Course Information

Course Acronym:*

PE

Course Number:* 240B

Descriptive Title:* Intermediate Swimming

Division: Health Sciences and Athletics

Department:*

Physical Education

Course Disciplines: Physical Education

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

Co-requisite:

Recommended Preparation:

Enrollment Limitation:

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Course Hours:* 54

Course Units:* 1

Grading Method: Letter Grade and Pass/No Pass

Credit Status: Credit, degree applicable

Transfer CSU: Yes

Effective Date: 2/21/2017

Transfer UC: Yes

Effective Date: Fall 2017

General Education: Area 5 - Health and Physical Education
ECC

Term:

Other:

CSU GE: Area E - Lifelong Understanding and Self-Development

Term:

Other:

IGETC:

Term:

Other:

II. Outcomes and Objectives

A. Student Learning Outcomes (SLOs) (The course student learning outcomes are listed below.)
SLO revisions are completed via the SLO Change Form available on the College Curriculum Committee website.

Student Learning Outcomes:

SLO #1 Nonstop Swims

The student will demonstrate proficiency in a two hundred yard non-stops swim using freestyle or backstroke.

SLO #2 Alternative Breathing

The student will demonstrate alternate breathing while swimming freestyle.3.

SLO #3 Preventing Aquatic Emergencies

The student will demonstrate how to prevent aquatic emergencies in various environments and to introduce and practice self-rescue techniques.

B. Course Objectives (The major learning objective for in this course are listed below.)

Course Objectives:

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

III. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

- I. Main Topic (3 hours, lecture)
 - A. Sub topics
 - B. Sub topics
 1. Super sub topic
 2. Super sub topic

Major Topics:

I. Water Safety (3 hours, lab)

1. Facility
2. Personal/Others
3. Swimming Accessories
4. Swimming/Pool Equipment

II. Freestyle (12 hours, lab)

1. Body Position
2. Legs - Kicking from the hip
3. Arms - Pulling Mechanics
4. Breathing - Introduction to Alternate
5. Drills - Stroke Improvement

III. Backstroke (6 hours, lab)

1. Body Position
2. Legs - Kicking from the Hip
3. Arms - Pulling Mechanics
4. Breathing
5. Drills - Stroke Improvement

IV. Sidestroke (3 hours, lab)

1. Body Position
2. Legs - Scissor kick
3. Arms
4. Breathing - Head position
5. Timing - Arms/Legs
6. Drills - Stroke Refinement

V. Elementary Backstroke (2 hours, lab)

1. Body Position
2. Legs
3. Arms
4. Breathing
5. Drills

VI. Breast Stroke (8 hours, lab)

1. Body Position
2. Legs
3. Arms
4. Breathing
5. Timing
6. Drills

VII. Butterfly (8 hours, lab)

1. Body Position
2. Legs - Dolphin Kick
3. Arms
4. Breathing
5. Timing - Coordinating Arms & Legs
6. Drills - Stroke Refinement

VIII. Swim Conditioning (Training Techniques) (12 hours, lab)

1. Aerobic Training
2. Anaerobic Training
3. Interval Training
4. Sprinting
5. Calculating Target Heart Rate
6. 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 (choose one):

- 1) Substantial writing assignments
- 2) Problem solving demonstrations (computational or non-computational)
- 3) Skills demonstrations

Primary Method of Evaluation: 3) Skills demonstration

B. Typical Assignment Using Primary Method of Evaluation

Typical Assignment Using Primary Method of Evaluation: Demonstrate to the instructor alternate breathing skills while swimming freestyle.

C. College-level Critical Thinking Assignments

Critical Thinking Assignment 1: Demonstrate to the instructor good technique and be able to correct deficient skills while swimming freestyle.

Critical Thinking Assignment 2: Analyze backstroke skills and demonstrate to the instructor drills to increase proficiency.

D. Other Typical Assessment and Evaluation Methods

Examples: Class Performance, Objective Exam, Clinical Evaluation, Oral Exams, Completion, Other Exams, Embedded Questions, Performance Exams, Essay Exams, Presentation, Fieldwork, Quizzes, Homework Problems, Reading Reports, Journal kept throughout course, Term or Other Papers, Laboratory Reports, True/False, Matching Items, Written Homework, Multiple Choice, Other (specify)

Other Evaluation Methods: Class Performance, Performance Exams, Presentation

V. Instructional Methods

Examples: Lecture, Group Activities, Lab, Role play/simulation, Discussion, Guest Speakers, Multimedia presentations, Field trips, Demonstration, Other (specify)

Instructional Methods: Demonstration, Discussion, Group Activities, Lab, Lecture

If other:

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

Work Outside of Class:* Course is lab only - minimum required hours satisfied by scheduled lab time

If Other:

VII. Texts and Materials

A. Up-to-date Representative Textbooks: Please use the following format(s):

Printed Text - Author, Title, Edition, Publisher, Year.

Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.

Sample: Dillon, Dave. *Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.*

If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.

***Multiple textbooks may be listed.**

Up-To-Date Ernest W. Medlicott, Swim Forecast, Human Kinetics, 2003. (Discipline Standard)

Representative Textbooks: ERNEST W. MAGNUSCH. SWIM FASTEST. HUMAN KINETICS, 2005. (Discipline Standard)

B. Alternative Textbooks: Please use the following format(s): if applicable

Printed Text - Author, Title, Edition, Publisher, Year.

Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.

Sample: Dillon, Dave. Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.

If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.

**Multiple textbooks may be listed.*

Alternative Textbooks:

C. Required Supplementary Readings

Required Supplementary Readings:

D. Other Required Materials

Other Required Materials: Swimsuit, goggles, swim cap (if hair is longer than 3 inches)

VIII. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite: Prerequisite

Category: sequential

Requisite course(s): Physical Education-240A
List both prerequisites and corequisites in this box.

Requisite and Matching skill(s): **Bold the requisite skill.**
List the corresponding course objective under each skill(s).

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.

B. Requisite Skills: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite Skill:

Requisite Skill and Matching Skill(s):
Bold the requisite skill(s). If applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill.
List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite Skill:

Requisite Skill and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Traci Granger

Date: 03/02/2016

Original Board Approval Date:

Last Reviewed and/or Revised by: Traci Granger

Date: 03/02/2016

Last Board Approval 12/19/2022