

PE - 240C - Advanced Swimming

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 240C

Descriptive Title:* Advanced Swimming

Course Disciplines:*

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Education

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

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 Hours*: 54

Course Units*: 1

Grading Method: Letter Grade and Pass/No Pass

Credit Status: Credit, degree applicable

Transfer CSU: Yes No

Effective Date: Prior to July 1992

Transfer UC: Yes No

Effective Date: Prior to July 1992

General Education ECC: Area 5 - Health and Physical Education

Term: Other: Approved

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

Term: Other: Approved

IGETC:

Term: Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:

SLO #1 Personal Cardiovascular Conditioning

Students will demonstrate advancement in personal cardiovascular conditioning.

SLO #2 Legal Breast Stroke

Students will demonstrate legal breaststroke for 50 yards including a competitive turn.

SLO #3 Swim Pace and Departure Times

Students will calculate swim pace and departure times using a pace clock for interval training.

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

Course Objectives:

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

X. 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. Freestyle Mechanics (8 hours, lab)

1. Body position
2. Arm mechanics
3. Kick mechanics
4. Flip turn mechanics

II. Backstroke Mechanics (8 hours, lab)

1. Body position
2. Arm mechanics
3. Kick mechanics
4. Turn mechanics

III. Breaststroke Mechanics (8 hours, lab)

1. Body position
2. Arm mechanics
3. Kick mechanics
4. Turn mechanics

IV. Sidestroke and Elementary Backstroke (4 hours, lab)

1. Body position
2. Arm mechanics
3. Kick mechanics
4. Stroke coordination

V. Butterfly Mechanics (8 hours, lab)

1. Body position
2. Arm mechanics
3. Kick mechanics
4. Turn mechanics

VI. Training Methods (14 hours, lab)

1. Pace clock use
2. Interval training
3. Energy system development (aerobic/anaerobic)
4. Training equipment

VII. Additional Aquatic Activities (4 hours, lab)

1. Water polo
2. Springboard diving
3. Aquatic games

Total Laboratory Hours: 54

Total Hours: 54

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of Evaluation

B. Typical Assignment Using Primary Method of Evaluation

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

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

Critical Thinking Assignment 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

Other Evaluation Methods:

If Other:

XII. Instructional Methods

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.

Instructional Methods:

If other:

XIII. Work Outside of Class

Work Outside of Class

Course is lab only - minimum required hours satisfied by scheduled lab time

If Other:

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Up-To-Date Representative Textbooks: Ernest W. Maglischo. Swim Fastest. Human Kinetics, 2003. Qualifier Text: Discipline Standard,

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative Textbooks:

C. Required Supplementary Readings

Required Supplementary Readings: Handouts on stroke mechanics

D. Other Required Materials

Other Required Materials: Swimsuit
Goggles
Swimcap (if hair is longer than 3 inches)
Towel

XV. 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:

Physical Education-240B

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

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.

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

Requisite:

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

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

E. Enrollment Limitations

El Camino College
Enrollment
Limitations and
Category:

COURSE OUTLINE OF RECORD – Official

Enrollment
Limitations Impact:

Course Created by: K. Rodarm

Date: 09/01/1973

Board Approval Date:

Last Board Approval 02/21/2017
Date:

Last Reviewed and/or Traci Granger
Revised by:

Date: 10/12/2016