



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 249

**Descriptive Title:** Swimming for Fitness

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course will emphasize swim conditioning for the improvement of health and physical fitness. The class is designed to improve cardiovascular endurance, lung capacity, and muscular strength through aerobic and anaerobic conditioning. Stroke mechanics will be addressed and refined in the four competitive swimming strokes (freestyle, backstroke, breaststroke, and butterfly).

**Conditions of Enrollment:** Recommended Preparation

The student should be able to swim 50 yards without stopping, using two of the competitive swimming strokes.

**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:** Letter

**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: 2/19/2008

**Transfer UC:**  Effective Date: Fall 2008

**General Education:**

**El Camino College:** 5 – Health and Physical Education

Term: Fall 2008

Other:

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

Term: Fall 2008

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. Student will demonstrate advancement in personal cardiovascular conditioning.

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. Improve endurance and strength within limits of student's physical ability.  
No Assessment Selected
2. Analyze, improve and demonstrate correct stroke techniques using the four competitive swim strokes (freestyle, backstroke, breaststroke, butterfly).  
No Assessment Selected
3. Demonstrate an increase in physical fitness level.  
No Assessment Selected
4. Describe the role of exercise in maintaining health.  
No Assessment Selected
5. Design a progressive swim conditioning program.  
No Assessment Selected
6. Explain the components of a swim workout.  
No Assessment Selected
7. Assess the effectiveness of conditioning aids such as kick boards, paddles, and swim buoys.  
No Assessment Selected

**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
Lecture	1	I	A. Orientation

Lecture	4	II	A. Components of physical fitness B. Cardiovascular endurance C. Muscle strength and endurance D. Flexibility E. Strategies to Improve physical fitness F. Individual fitness goals
Lecture	15	III	A. Swimming strokes: B. Freestyle- Instruction, mechanics, drills C. Backstroke- Instruction, mechanics, drills D. Breaststroke- Instruction, mechanics, drills E. Butterfly- Instruction, mechanics, drills
Lecture	32	IV	A. Training modes: B. Interval training C. Aerobic training D. Anaerobic training E. Pyramids F. Fartlek G. Over-distance training H. Hypoxic
Lecture	2	V	A. Time trials B. Heart rate monitoring C. Rate of perceived exertion (RPE)
<b>Total Lecture Hours</b>		54	
<b>Total Laboratory Hours</b>		0	
<b>Total Hours</b>		54	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

##### B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Analyze and explain in an oral report the body position of backstroke as it relates to the hydrodynamics of the stroke.

##### C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. In an oral presentation evaluate a video of another student's freestyle for efficiency

and distance per stroke.

2. In a one-page essay, differentiate between the value of aerobic and anaerobic conditioning.

**D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Performance exams

Class Performance

**V. INSTRUCTIONAL METHODS**

Demonstration

Discussion

Laboratory

Lecture

Other (please specify)

Video-tape analysis

**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:**

**VII. TEXTS AND MATERIALS**

**A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**

Ernest W. Maglischo. Swimming Fastest. Mayfield Publishing Company, 2003.

**B. ALTERNATIVE TEXTBOOKS**

**C. REQUIRED SUPPLEMENTARY READINGS**

**D. OTHER REQUIRED MATERIALS**

**VIII. CONDITIONS OF ENROLLMENT**

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

Requisites	Category and Justification
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**B. Requisite Skills**

<b>Requisite Skills</b>
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**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation  The student should be able to swim 50 yards without stopping, using two of the competitive swimming strokes.	

**D. Recommended Skills**

<b>Recommended Skills</b>
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**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by Traci Granger on 09/01/2007.

BOARD APPROVAL DATE: 02/19/2008

Last Reviewed and/or Revised by Mark Lipe on 05/12/2009

17780