

EL CAMINO COLLEGE COURSE OUTLINE OF RECORD

I. COURSE DESCRIPTION

Course Title and Number : Physical Education- Intercollegiate Athletics 57abc (Official)

Descriptive Title : Men's Intercollegiate Swimming Team

Discipline : Physical Education/ Coaching

Division : Health Sciences and Athletics

Course Length : Full Term
 Other (specify:)

Hours Lecture : 0

Hours Laboratory : 10

Course Units : 3

Grading Method : Letter
 Pass/No Pass
 Both
 No Grade

Course Type : Credit, Degree Applicable
 Credit, Not Degree Applicable
 Non-Credit

Transfer CSU : Yes (Effective Date: Prior to July 1992)
 No

Transfer UC : Yes (Approval Date: Spring 1994)
 Pending
 No

Conditions of Enrollment: Specify Prerequisite, Corequisite, Recommended Preparation, Enrollment Limitation, or None.

Enrollment Limitation: tryout (high school varsity experience or equivalent skill)

Catalog Description :

This course provides competitive swim training and intercollegiate competition. Students will engage in a program stressing skill development, strength training, cardiovascular conditioning, and competition.

Note: This course is offered in the spring semester only.

II. COURSE OBJECTIVES

List the major objectives of the course. These must be stated in behaviorally measurable terms.

1. Comprehend the rules of swim competition.
2. Analyze and perform various start and turn techniques.
3. Evaluate a variety of training regimes and their effort on physiologic energy systems and performance.
4. Effectively execute skills for all competitive strokes.

III. OUTLINE OF SUBJECT MATTER

The topics should be detailed enough to enable an instructor to determine the major areas that should be covered and so that the course may have consistency from instructor to instructor and semester to semester.

Approximate Time in Hours	Major Topics
5	I. Introduction to swimming season A. Team policies, rules of the sport B. Skill evaluation
55	II. Strength Training and Conditioning A. Pre-season competition B. Stroke drills and mechanics C. Aerobic training D. Racing starts and turns
50	III. Dual/Tri Meets and Conference Competition
40	IV. Specific event training. aerobic/anaerobic conditioning A. Freestyle B. Backstroke C. Butterfly D. Breaststroke
20	V. Race Pace Conditioning A. Anaerobic conditioning B. Event specific event race pace
10	VI. Conference championship training A. Specific event race pace
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180	TOTAL HOURS

IV. METHODS OF EVALUATION**A. CREDIT, DEGREE APPLICABLE AND CREDIT, NOT DEGREE APPLICABLE COURSES**

Check the PRIMARY method of evaluation for this course.

- Substantial writing assignments
- Problem solving demonstrations (computational or non-computational)
- Skill demonstrations

A minimum of one response in 1, 2, or 3 below, as applicable, is required. However, you may check all that apply.

1. Indicate the types of writing assignments used as primary or secondary methods of evaluation for this course.

- Essay exams
- Written homework
- Term or other papers
- Reading reports
- Laboratory reports
- Other (specify)

2. Indicate the types of problem-solving demonstrations used as primary or secondary methods of evaluation for this course.

- Exams
- Laboratory reports
- Quizzes
- Homework problems
- Fieldwork
- Other (specify)

3. Indicate the types of skill demonstrations used as primary or secondary methods of evaluation for this course.

- Class performance
- Performance exams
- Fieldwork
- Other (specify)
Intercollegiate competition, invitational meets, and practice

4. If objective exams are also used, check all that apply.

- Multiple choice
- Completion
- Matching items
- True/false
- Other (specify)

B. NON-CREDIT COURSE

Indicate the methods of evaluation that will be used to determine that the stated objectives have been met.

V. COURSEWORK**A. TYPICAL ASSIGNMENT**

Provide an example of a typical assignment. This assignment must correspond to the PRIMARY method of evaluation indicated in Section IV, Methods of Evaluation. That is, it must be a writing assignment or, if more appropriate, an assignment involving problem solving or skill demonstration.

Compare strategies of stroke efficiency that would maximize distance per stroke.

B. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS

Cite two specific assignments that demonstrate college-level critical thinking. (Required for degree applicable courses only.)

1. Upon viewing a videotape of yourself, perform a self-evaluation of stroke techniques for optimal efficiency and stroke rate.
2. Develop appropriate adjustments for optimal racing strategies for the freestyle stroke.

C. WORK OUTSIDE OF CLASS

Two hours of work outside of class are required for each hour of lecture or equivalent. Each student in this course will be required to participate in the following work outside of class time. Check all that apply.

- Study
- Answer questions
- Skill practice
- Required reading
- Problem solving activity
- Written work (such as essay/composition/report/analysis/research)
- Journal (done on a continuing basis throughout the semester)
- Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting)
- Course is lab only - minimum required hours satisfied by scheduled lab time
- Other (specify)
Compete in intercollegiate competition

VI. INSTRUCTIONAL METHODOLOGY

Check all planned instructional activities that apply:

- Lecture
- Lab
- Discussion
- Multimedia presentations
- Demonstration
- Group activities
- Role play/simulation
- Guest speakers
- Field trips
- Other (specify)
 - Skill demonstrations of competitive racing strokes
 - Videotape and stroke evaluation of each student

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, instructional delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VII. TEXTS AND MATERIALS

If multiple selection is offered, only representative texts need be listed. An up-to-date list of required and recommended materials is maintained in the division office.

A. REQUIRED TEXTS (title, author, publisher, year)

No text required

B. REQUIRED SUPPLEMENTARY READINGS**C. OTHER REQUIRED MATERIALS**

VIII. CONDITIONS OF ENROLLMENT

If this course has a prerequisite or corequisite, complete section A. If this course has an Enrollment Limitation, complete section B.

A. PREREQUISITE AND/OR COREQUISITE

1. Indicate if this course has a prerequisite, corequisite, both, or none.

- Prerequisite
 Corequisite

2. Indicate Type. Check all that apply.

- Sequential
 Computational/Communication Skills
 Health and Safety
 Non-Course
 Standard (If this is a Standard Prerequisite or Corequisite, attach CCC Form D.)

3. Entrance Skills/Knowledge

List the required skills and/or knowledge without which a student would be highly unlikely to receive a grade of A, B, C, or Credit (or for Health and Safety, would endanger self or others) in this course.

B. ENROLLMENT LIMITATION

1. Indicate the category which describes the Enrollment Limitation for this course.

- Band/Orchestra
 Theater
 Speech
 Chorus
 Journalism
 Dance
 Intercollegiate Athletics
 Honors Course
 Blocks of Courses
 Other (specify)

2. List Degree and/or Certificate requirements that are met by this course.

Section A.5 of the Associate of Arts and Associate of Science

3. List all El Camino College courses that also satisfy the requirements listed above in section B.2.

All degree applicable Physical Education courses

Administration of Justice 180

All degree applicable Dance courses with the exception of Dance 1, 5 and 99abc.

Originator: Corey Stanbury

Submittal
Date: Fall 1989

BOARD APPROVAL DATE:

Reviewed and/or Revised by:

Corey Stanbury and Traci Granger

Date: Spring 2003

Corey Stanbury

Date: July 1, 2009

Date: