

Course Outline of Record

1. Course Code: KINE-082
2.
  - a. Long Course Title: Swimming
  - b. Short Course Title: SWIMMING
3.
  - a. Catalog Course Description:  
This course provides beginning, intermediate and advanced instruction and practice in the various swimming techniques.
  - b. Class Schedule Course Description:  
Beginning, intermediate and advanced swimming techniques. Students must be able to swim the length of the 25 yard pool unaided and in continuous motion.
  - c. Semester Cycle (if applicable): Fall and Spring
  - d. Name of Approved Program(s):  
    - KINESIOLOGY
4. Total Units: 1.00      Total Semester Hrs: 36.00  
 Lecture Units: 0.5      Semester Lecture Hrs: 9.00  
 Lab Units: 0.5      Semester Lab Hrs: 27.00  
 Class Size Maximum: 25      Allow Audit: No  
 Repeatability No Repeats Allowed  
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:  
*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)*  
*N/A*
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) *N/A*
7. Entrance Skills: *Before entering the course students must be able:*  
a. be eligible to take college credit courses.

8. Course Content and Scope:

Lecture:

1. Beginning instruction for Front Crawl
  1. arm movement
  2. leg movement
  3. body position
  4. coordination of breathing technique
2. Beginning instruction for Breast Stroke
  1. arm movement
  2. leg technique
    1. \*wedge kick
    2. \*whip kick
    3. \*scissors kick
  3. coordination of stroke
3. Beginning instruction for Back Crawl
  1. arm movement
  2. leg movement
  3. body position
4. Beginning instruction for Side Stroke
  1. arm movement
  2. leg movement
  3. coordination of stroke

5. Beginning instruction for Butterfly Stroke
  1. arm movement
  2. leg movement
  3. coordination of stroke
6. Beginning instruction for Elementary Back Stroke
  1. arm movement
  2. leg movement
  3. coordination of stroke
  4. body position
7. Starts and turns for the various strokes.
8. Beginning Drills for practice of above skills:
  1. to develop technique
  2. to develop cardio-respiratory endurance
  3. Distance swimming to develop cardio-respiratory endurance.
9. Common safety precautions in and around the water:
  1. recognize
  2. avoid
10. Aquatic Games

Lab: *(if the "Lab Hours" is greater than zero this is required)*

- Demonstrate specific swim stroke movements.
- Participate in physical fitness testing.
- Participate in drills to enhance speed, biomechanics and proper form.

9. Course Student Learning Outcomes:

1. Identify and apply the various swimming strokes used for physical fitness.
2. Distinguish between safe and un-safe pool environments.
3. Develop physical fitness.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Identify proper stroke techniques.
- b. Demonstrate a sufficient level of skills/endurance to reduce their elapsed times in 200-yd. swims.
- c. Demonstrate an understanding and appreciation for swimming as a desirable activity to enhance physical health and relieve emotional/mental stress.
- d. Demonstrate sufficient skills in water activities to “waterproof.”
- e. Recognize dangerous water situations.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Individualized Study
- e. Laboratory
- f. Lecture
- g. Observation
- h. Participation
- i. Role Playing
- j. Self-exploration
- k. Supplemental/External Activity

Other Methods:

- a. Lecture and discussion. b. Demonstrations. c. Guest speakers. d. Student reports. e. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

Day to day skill practice.  
 Cardiorespiratory skill testing  
 Muscular endurance testing  
 Fitness testing  
 Individualized personal swim challenges

b. Out-of-class Assignments

1. Reading assignments with written report
2. Skill/Endurance Practice
3. Viewing video presentations of various swim techniques

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Critiques  
 Instructor evaluation and follow-up commentary.
- Portfolios
- Self-paced testing
- Presentations/student demonstration observations
- Group activity participation/observation
- Product/project development evaluation
- Mid-term and final evaluations  
 No mid-term. Final evaluation is to be able to swim one mile unaided and in continuous motion.

14. Methods of Evaluating: Additional Assesment Information:

a. Skill Demonstration b. Attendance and participation

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Value learning as a lifelong endeavor designed to enrich one’s life.

Recognize and value the human body as an integrated organism with systemic functions such as movement, nutrition, growth, reproduction, and aging.

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
UC	UC Riverside			

17. Special Materials and/or Equipment Required of Students:

None.

18. Materials Fees:  Required Material?

<b>Material or Item</b>	<b>Cost Per Unit</b>	<b>Total Cost</b>
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# KINE 082-Swimming

19. Provide Reasons for the Substantial Modifications or New Course:

periodic review

20. a. Cross-Listed Course (*Enter Course Code*): N/A  
b. Replacement Course (*Enter original Course Code*): PE-082

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000276773  
b. T.O.P. Code [CB03]: 83500.00 - Physical Education  
c. Credit Status [CB04]: D - Credit - Degree Applicable  
d. Course Transfer Status [CB05]: A = Transfer to UC, CSU  
e. Basic Skills Status [CB08]: 2N = Not basic skills course  
f. Vocational Status [CB09]: Not Occupational  
g. Course Classification [CB11]: Y - Credit Course  
h. Special Class Status [CB13]: N - Not Special  
i. Course CAN Code [CB14]: N/A  
j. Course Prior to College Level [CB21]: Y = Not Applicable  
k. Course Noncredit Category [CB22]: Y - Not Applicable  
l. Funding Agency Category [CB23]: Y = Not Applicable  
m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): KINESIOLOGY

*Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)*

23. Enrollment - Estimate Enrollment

First Year: 20

Third Year: 30

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes  
b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

None.

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 12/02/10