

Course Outline of Record

1. Course Code: KINE-084
2.
 - a. Long Course Title: Aquatic Crosstraining
 - b. Short Course Title: AQUATIC X-TRAINING
3.
 - a. Catalog Course Description:
 This course will include a crosstraining approach to many styles of exercises, swimming and various sports that can be done in the water. It will include instruction on deep water and shallow water exercises to strengthen the entire body. It will also go over techniques and biomechanics of basic strokes in swimming. Running exercises and interval training in the water will be included. In addition water sports such as water polo and exercises and skills related will also be part of the class. There will be a dry land component which will address strengthening the entire body and core to improve fitness and enhance swimming and water sports.
 - b. Class Schedule Course Description:
 The aquatic crosstraining course will focus on deep water, shallow water exercises, swimming techniques, and various water sports.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - FITNESS SPECIALIST
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: 35 Allow Audit: Yes
 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.)
 - a. Sprinkle, Marti (2013). *Water Wonder Works* (2nd/e). CCB Publishing. ISBN: 1771430746
 College Level: Yes
 Flesch-Kincaid reading level: 12
 - b. Baun, MaryBeth Pappas (2008). *Fantastic Water Workouts* (2nd/e). Human Kinetics.
 College Level: Yes
 Flesch-Kincaid reading level: 12
7. Entrance Skills: *Before entering the course students must be able:*
8. Course Content and Scope:

Lecture:

Shallow water exercises and techniques
Deep water exercises and techniques
Swimming biomechanics and techniques of front crawl, backstroke, breaststroke and butterfly
Kickboard exercises and various intensities
Pulling exercises to build upper body strength through swimming

Swimming intervals

Water polo fundamentals, offensive and defensive strategies, passing, ball handling, treading water

Personal exercise prescription for cardiorespiratory endurance and design in the water

Personal exercise prescription and design for dry land exercises

Muscular endurance and strength training in the pool

Basic diving for beginners in deep water

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

Shallow water exercises to improve cardiorespiratory endurance and muscular strength

Deep water exercises to improve cardiorespiratory endurance and muscular strength

Swim workouts to improve biomechanics and efficiency

Swim intervals to improve cardiorespiratory endurance and speed

Dry land exercises to improve leg, upper body and core strength

Water Polo exercises to improve fundamentals and overall fitness and sport conditioning

9. Course Student Learning Outcomes:

1.
Identify the proper biomechanics and techniques of swimming.
2.
Demonstrate deep water and shallow water exercises to improve cardiorespiratory stamina.
3.
Identify dry land exercises to improve overall muscular endurance and core strength to improve swimming.
4.
Demonstrate fundamental techniques of water polo.

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

- a. Demonstrate proper technique and form in basic swimming strokes.
- b. Identify various dry land exercises that improve muscular strength, endurance and core strength.
- c. Develop an appreciation to the benefits both physiologically and mentally to swimming and exercises in the water.
- d. Identify valuable deep water and shallow water exercises to improve overall conditioning levels.
- e. Develop an understanding on how to design a water based workout to improve cardiorespiratory fitness over a 3 month period.

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f. Apply basic water sport fundamentals to overall conditioning programs.

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

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Journal
- d. Laboratory
- e. Participation
- f. Self-exploration
- g. Technology-based instruction

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

Pre and Post cardiorespiratory fitness testing
Pre and Post body fat testing
Personal evaluation of various fitness testing and individual improvement

b. Out-of-class Assignments

Fitness goal sheets
Article critiques
Personal evaluation and fitness journal

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

- Critiques
Article critiques in swimming and water sports
- Portfolios
Individual fitness portfolio analyzing personal testing
- Self-paced testing
cardiorespiratory fitness testing
- Group activity participation/observation
scheduled fitness group activities
- Self/peer assessment and portfolio evaluation
partner evaluations and assessment of biomechanics
- Student participation/contribution

14. Methods of Evaluating: Additional Assesment Information:

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

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System

Campus

Course Number

Course Title

Catalog Year

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

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

It will accompany our courses related in content for our Kinesiology program and provide additional but new courses for our students to improve their knowledge.

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

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

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000554182
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer 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): FITNESS SPECIALIST

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

23. Enrollment - Estimate Enrollment

First Year: 35
 Third Year: 35

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.

N/A

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 01/07/14