



## **KINE 100 - Swimming Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000616625

**Discipline(s)** Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 100

**Course Title** Swimming

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Changing hours and units, no longer variable.

**Units** 1.5

**Cross List** N/A

**Typical Course Weeks** 18

**Total Instructional Hours**

#### **Contact Hours**

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00

**Work Experience** 0.00

**Outside of Class Hours** 27.00

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**Total Contact Hours** 54

**Total Student Hours** 81

**Open Entry/Open Exit** No

**Maximum Enrollment**

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

### **SECTION B**

## General Education Information:

### SECTION C

#### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** Swimming 100 is an introduction to the basic fundamentals of swimming. This course will instruct the student in basic water safety skills-introduction to the water, front and back floating, prone glide, flutter kick on front and back, arm stroke both front and back, rhythmic breathing and drown proofing. This course is to emphasize mental and physical adjustment to the water.

#### Schedule Description

### SECTION D

#### Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

### SECTION E

#### Course Outline Information

##### 1. Student Learning Outcomes:

- A. Students will demonstrate swimming safety and basic rescue techniques.
- B. Students will demonstrate basic swimming strokes.

##### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. perform basic rescue techniques for non-swimmers
- B. overcome their fear of the water through exposure
- C. utilize proper breathing techniques
- D. display floating positions(prone and supine) and recovery
- E. perform proper movement of legs and arms for basic swim strokes of crawl,backstroke, breaststroke, sidestroke
- F.

##### 3. Course Content

- A. Expose students to the water.
- B. Teach basic skills
  - a. front float and recovery
  - b. back float and recovery
  - c. arm actions on front
  - d. leg actions on front
  - e. arm actions on back
  - f. leg action on back
  - g. swimming on side
  - h. roll over from front to back and back to front
  - i. combine stroke on front
  - j. combine stroke on back
  - k. explore drownproofing and levels of comfort in deeper water
  - l. basic swim strokes-crawl, backstroke, breast stroke, sidestroke
  - m. swimming log requirements
  - n.

#### **4. Methods of Instruction:**

**Activity:** Students will be asked to demonstrate learned skills.

**Lecture:** Students will have lectures and demonstrations on basic strokes. Students will have lecture on basic survival skills and will be required to demonstrate.

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

Additional assessment information:

1. Testing of practical skills learned
2. Written knowledge on skills introduced

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Students will have materials provided to read from the American Red Cross - Learn to Swim Program. Students will read assigned chapters relating to strokes learned.

B. Writing Assignments

Students will read weekly assigned materials which relate to skills being introduced at that time.

Students will be required to compile a swimming log recording their swimming progress.

C. Other Assignments

Students will be required to demonstrate and evaluate progress of stroke progressions.

#### **7. Required Materials**

##### **A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: American Red Cross

Title: Swimming and Water Safety Manual

Publisher: American Red Cross

Date of Publication: 2014

Edition: 9th

##### **B. Other required materials/supplies.**

- Swim suit, cap, goggles