



**CREDIT COURSE OUTLINE**

**I. COVER PAGE**

(1) PE 12	(2) SWIMMING	(3) 1
Number	Title	Units

<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td colspan="3">(4) Lecture / Lab Hours:</td> </tr> <tr> <td colspan="3">Total Course Hours</td> </tr> <tr> <td style="width:20%;">Total Lec hours:</td> <td style="width:10%;"></td> <td style="width:10%; text-align: center;">0</td> </tr> <tr> <td>Total Lab hours:</td> <td></td> <td style="text-align: center;">2.00</td> </tr> <tr> <td>Total Contact hours:</td> <td></td> <td style="text-align: center;">36.00</td> </tr> <tr> <td colspan="3">Lec will generate <u>0</u> hour(s) outside work.</td> </tr> <tr> <td colspan="3">Lab will generate <u>0</u> hour(s) outside work.</td> </tr> <tr> <td>(5) Grading Basis:</td> <td>Grading Scale Only</td> <td></td> </tr> <tr> <td></td> <td>Pass/No Pass option</td> <td style="text-align: center;">X</td> </tr> <tr> <td></td> <td>Pass/No Pass only</td> <td></td> </tr> <tr> <td>(6) Advisories:</td> <td colspan="2">Eligibility for English 125 or 126</td> </tr> <tr> <td>(7) Pre-requisites(requires C grade or better):</td> <td colspan="2"></td> </tr> <tr> <td>Corequisites:</td> <td colspan="2"></td> </tr> </table>	(4) Lecture / Lab Hours:			Total Course Hours			Total Lec hours:		0	Total Lab hours:		2.00	Total Contact hours:		36.00	Lec will generate <u>0</u> hour(s) outside work.			Lab will generate <u>0</u> hour(s) outside work.			(5) Grading Basis:	Grading Scale Only			Pass/No Pass option	X		Pass/No Pass only		(6) Advisories:	Eligibility for English 125 or 126		(7) Pre-requisites(requires C grade or better):			Corequisites:			<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td colspan="3">(8)Classification:</td> </tr> <tr> <td style="width:20%;"></td> <td style="width:20%;"></td> <td style="width:20%;"></td> </tr> <tr> <td></td> <td>Degree applicable:</td> <td style="text-align: center;">X</td> </tr> <tr> <td></td> <td>Non-degree applicable:</td> <td></td> </tr> <tr> <td></td> <td>Basic skills:</td> <td></td> </tr> <tr> <td>(9)RC</td> <td>Fulfills AS/AA degree requirement: (area)</td> <td></td> </tr> <tr> <td></td> <td>Physical Education</td> <td></td> </tr> <tr> <td></td> <td>General education category:</td> <td></td> </tr> <tr> <td></td> <td>Major:</td> <td></td> </tr> <tr> <td></td> <td>Certificate of:</td> <td></td> </tr> <tr> <td></td> <td>Certificate in:</td> <td></td> </tr> <tr> <td>(10)CSU</td> <td>Baccalaureate:</td> <td style="text-align: center;">X</td> </tr> <tr> <td>(11)Repeatable: (A course may be repeated three times)</td> <td></td> <td style="text-align: center;">3</td> </tr> </table>	(8)Classification:							Degree applicable:	X		Non-degree applicable:			Basic skills:		(9)RC	Fulfills AS/AA degree requirement: (area)			Physical Education			General education category:			Major:			Certificate of:			Certificate in:		(10)CSU	Baccalaureate:	X	(11)Repeatable: (A course may be repeated three times)		3
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(12) Catalog Description:  
 This course is designed to increase knowledge of techniques of swimming and conditioning for intermediate and advanced swimmers. Swimming strokes and endurance will improve through stroke technique drills and conditioning workouts.

**II. COURSE OUTCOMES:**

*(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)*

Upon completion of this course, students will be able to:

- I. Show an increase in cardiovascular endurance by demonstrating an increase in the yardage swam in a timed pre-test and post swim test.
- II. Evaluate swimming strokes (freestyle, backstroke, breaststroke and butterfly) and practice techniques for improvement of each stroke.
- III. Practice using swimming accessories for the improvement of swimming fitness and technique.

**III. COURSE OBJECTIVES:**

*(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)*

In the process of completing this course, students will:

- I. Improve physical endurance as demonstrated in a timed pre-test and post-test.
- II. Implement a swimming fitness program for the improvement of strength, flexibility and endurance which includes a variety of swimming strokes and the use of swimming accessories.
- III. Apply safe water techniques when lap swimming.

**IV. COURSE OUTLINE:**

**Lab Content:**

The students will perform drills in the water on the following skills:

- A. Freestyle
  1. Body position
  2. Flutter kick
  3. Arm pull
  4. Coordination/Timing
  5. Breathing
  6. Turn
- B. Backstroke
  1. Glide position

2. Kick
3. Pull
4. Coordination/Timing
5. Turns

C. Breaststroke

1. Kick
2. Pull
3. Coordination/Timing
4. Breathing

D. Butterfly

1. Body position
2. Dolphin kick
3. Arm action
4. Coordination
5. Breathing
6. Turns

E. Use of Swimming Accessories

1. Kickboards
2. Pull Buoy
3. Hand Paddles
4. Goggles

V. APPROPRIATE READINGS

**Reading assignments may include but are not limited to the following:**

I. Sample Text Title:

1. Recommended - - *Physical Education: Swimming*, Mood-Musker-Rink, 2006,

II. Other Readings

Global or international materials or concepts are appropriately included in this course

Multicultural materials and concepts are appropriately included in this course

If either line is checked, write a paragraph indicating specifically how global/international and/or multicultural materials and concepts relate to content outline and/or readings.

VI. METHODS TO MEASURE STUDENT ACHIEVEMENT AND DETERMINE GRADES:

Students in this course will be graded in at least one of the following four categories. Please check those appropriate. A degree applicable course must have a minimum of one response in category A, B, or C.

<b>A. Writing</b>			
Check either 1 or 2 below			
	1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.		
X	2. Substantial writing assignments are NOT required. If this box is checked leave this section blank. For degree applicable courses you must complete category B and/or C.		
	a) essay exam(s)		d) written homework
	b) term or other paper(s)		e) reading reports
	c) laboratory report(s)		f) other (specify)

**Required assignments may include but are not limited to the following:**

<b>B. Problem Solving</b>			
Computational or non-computational problem-solving demonstrations, including:			
	a) exam(s)		d) laboratory reports
	b) quizzes		e) field work
	c) homework problems		f) other (specify):

**Required assignments may include but are not limited to the following:**

<b>C. Skill demonstrations, including:</b>			
X	a) class performance(s)	X	c) performance exams(s)
	b) field work	X	d) other (specify)

**Required assignments may include but are not limited to the following:**

1. Demonstrate the proper swimming techniques with various strokes.
2. Timed prescribed lap swim.

<b>D. Objective examinations including:</b>			
X	a) multiple choice		d) completion
X	b) true/false		e) other (specify):
X	c) matching items		

**COURSE GRADE DETERMINATION:**

Description/Explanation: Based on the categories checked in A-D, it is the recommendation of the department that the instructor's grading methods fall within the following departmental guidelines; however, the final method of grading is still at the discretion of the individual instructor. The instructor's syllabus must reflect the criteria by which the student's grade has been determined. (A minimum of five (5) grades must be recorded on the final roster.)

If several methods to measure student achievement are used, indicate here the approximate weight or percentage each has in determining student final grades.

50% Participation/Performance Strokes 25% Skills Test 25% Written Tests

**VII. EDUCATIONAL MATERIALS**

For degree applicable courses, the adopted texts, as listed in the college bookstore, or instructor-prepared materials have been certified to contain college-level materials.

Validation Language Level (check where applicable):	College-Level Criteria Met	
	YES	NO
Textbook	<u>  X  </u>	<u>      </u>
Reference materials	<u>  X  </u>	<u>      </u>
Instructor-prepared materials	<u>  X  </u>	<u>      </u>
Audio-visual materials	<u>  X  </u>	<u>      </u>

Indicate Method of evaluation:

Used readability formulae (grade level 10 or higher)	<u>  X  </u>	
Text is used in a college-level course	<u>  X  </u>	
Used grading provided by publisher	<u>      </u>	
	<u>  X  </u>	<u>Students will demonstrate improvement in yardage they can swim from the pre-test 12 minute swim to the post test 12 minute swim.</u>
Other: (please explain; relate to Skills Levels)		<u>Students will demonstrate knowledge of swimming technique by demonstrating the strokes with proper technique and answering questions on a multiple choice test.</u>

<i>Computation Level</i> (Eligible for MATH 101 level or higher where applicable)	<u>      </u>	<u>  X  </u>
Content		
Breadth of ideas covered clearly meets college-level learning objectives of this course	<u>  X  </u>	<u>      </u>
Presentation of content and/or exercises/projects:		
Requires a variety of problem-solving strategies including inductive and deductive reasoning.	<u>  X  </u>	<u>      </u>
Requires independent thought and study	<u>  X  </u>	<u>      </u>
Applies transferring knowledge and skills appropriately and efficiently to new situations or problems.	<u>  X  </u>	<u>      </u>

List of Reading/Educational Materials

Recommended - - *Physical Education: Swimming*, Mood-Musker-Rink, 2006,

Comments:

<u>      </u>	This course requires special or additional library materials (list attached).
<u>  X  </u>	This course requires special facilities: Swimming Pool, Accessories

Attached Files:

**BASIC SKILLS ADVISORIES PAGE** The skills listed are those needed for eligibility for English 125, 126, and Math 101. These skills are listed as the outcomes from English 252, 262, and Math 250. In the right hand column, list at least three major basic skills needed at the beginning of the target course and check off the corresponding basic skills listed at the left.

<p>(eligibility for English 125) (as outcomes for English 252)</p> <p><input checked="" type="checkbox"/> Writing complete English sentences and avoiding errors most of the time.</p> <p><input checked="" type="checkbox"/> Using the conventions of English writing: capitalization, punctuation, spelling, etc.</p> <p><input checked="" type="checkbox"/> Using verbs correctly in present, past, future, and present perfect tenses, and using the correct forms of common irregular verbs.</p> <p><input type="checkbox"/> Expanding and developing basic sentence structure with appropriate modification.</p> <p><input type="checkbox"/> Combining sentences using coordination, subordination, and phrases.</p> <p><input type="checkbox"/> Expressing the writer's ideas in short personal papers utilizing the writing process in their development.</p>	<p>Student must be able to complete midterm and final exams.</p> <p>Student must be able to evaluate muscle location and use appropriate terminology when describing them.</p> <p>Students must be able to recognize basic skills techniques and logically express them on written exams.</p>
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<p>(eligibility for English 126) (as outcomes for English 262)</p> <p><input checked="" type="checkbox"/> Using phonetic, structural, contextual, and dictionary skills to attack and understand words.</p> <p><input checked="" type="checkbox"/> Applying word analysis skills to reading in context.</p> <p><input checked="" type="checkbox"/> Using adequate basic functional vocabulary skills.</p> <p><input type="checkbox"/> Using textbook study skills and outlining skills.</p> <p><input type="checkbox"/> Using a full range of literal comprehension skills and basic analytical skills such as predicting, inferring, concluding, and evaluating.</p>	<p>Student must be able to read the required text.</p> <p>Student must be able to apply word analysis skills to fitness terminology</p> <p>Student must be able to read the written test that is given during the semester</p>
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Check the appropriate spaces.

Eligibility for Math 101 is advisory for the target course.

Eligibility for English 126 is advisory for the target course.

Eligibility for English 125 is advisory for the target course.

*If the reviewers determine that an advisory or advisories in Basic Skills are all that are necessary for success in the target course, stop here, provide the required signatures, and forward this form to the department chair, the appropriate associate dean, and the curriculum committee.*

**CONTENT REVIEW**

**REQUISITES**

No requisites