

# KIN 142: SWIMMING - BEGINNING

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	ENGL 101.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course provides basic instruction and practice in the fundamental elements of swimming including beginning diving and water safety instruction. The class is designed to develop proficiency in the basic swim strokes. 18 lecture hours, 18 lab hours.

## Course Objectives

- make physical and mental adjustments to the water
- demonstrate the skills of floating, breath control, changing direction and position, treading water
- demonstrate basic stroke technique in freestyle, back stroke, side stroke, breast stroke, and elementary back stroke
- demonstrate ability to do feet first and head first entries into the water and other elementary diving skills
- demonstrate knowledge of basic water safety techniques
- develop an increased level of physical fitness through participating in a swimming class

## Major Course Content

1. History
2. Olympic Swimming History
3. Swimming Safety Rules
4. Basic Skills and Techniques
5. Competitive Strokes
6. Learning Progression for beginning swimmers

## Lab Content

1. Skills and Techniques
  - a. Breath Control
  - b. Balance and Control of Body
  - c. Jelly Fish Float
  - d. Prone Float Position
  - e. Back Float Position
  - f. Leg Movements
  - g. Arm Movements
  - h. Coordination with Breathing - Arm - Leg Movements

2. Swimming Strokes
  - a. Elementary Backstroke
  - b. Breast Stroke
  - c. Freestyle Stroke
  - d. Sidestroke

3. Treading Water
4. Underwater Swimming
5. Basic Diving Skills
  - a. Undersurface Dive
  - b. Kneeling Position
  - c. Compact Position
  - d. Stride Position
  - e. Standing

## Suggested Reading Other Than Required Textbook

Instructor Handouts.

## Examples of Required Writing Assignments

Define swimming terminologies learned during classroom discussion. Summarize different arm and legs techniques used with different swim strokes.

## Examples of Outside Assignments

Participate in swimming observations at a local swim club, high school or college swim meets. Observe a local competitive swim meet and write a short analysis of observation.

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab