

# KIN 143: SWIMMING - INTERMEDIATE/ADVANCED

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	KIN 142.
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 is designed to develop knowledge and skill in competitive swimming strokes. Swimming strokes to be taught are the freestyle, back stroke, breast stroke, and dolphin butterfly. The class will emphasize the development of cardiovascular aerobic conditioning. 18 lecture hours, 18 lab hours.

## Course Objectives

- identify, verbally and in written form, the mechanics and techniques of the freestyle, back stroke, breast stroke and butterfly
- demonstrate correct techniques of each stroke
- analyze strengths and weaknesses in techniques of each stroke
- recognize incorrect techniques of stroke mechanics of fellow students
- apply principles of physics to his/her own movement in the water
- develop an understanding of cardiovascular conditioning as it is applied to movement in the water

## Major Course Content

1. Introduction to Competitive Swimming Strokes
  - a. Intermediate Strokes
  - b. Advanced Strokes
  - c. Diving
2. History, Evolution of Styles and Strokes,
3. Safety Rules
4. Screening for Skill Proficiency
5. Daily Conditioning Drills

## Lab Content

1. Competitive Strokes
  - a. Freestyle
  - b. Back stroke
  - c. Breast stroke
  - d. Dolphin butterfly

2. Diving Techniques
  - a. Jump Dives
  - b. Fundamental techniques of competitive diving
3. Aerobic Conditioning
  - a. One-quarter mile swim
  - b. Mid-semester one-half mile swim
  - c. One mile swim

## 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)

Lab, Lecture, Online Education Lab, Online Education Lecture