

# KIN 147: SWIMMING FOR CARDIOVASCULAR IMPROVEMENT

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 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 will emphasize swimming for health and physical fitness. The class is designed to decrease the risk of coronary heart disorders by increasing heart efficiency, vital lung capacity, and the knowledge of each through the use of aerobic and anaerobic conditioning. Participating adults and others seeking a fitness program may expect to improve their overall fitness level through aquatic training. 18 lecture hours, 18 lab hours.

## Course Objectives

- improve endurance, strength, and flexibility within the limits of their physical ability through water exercises
- demonstrate the strength and skill to swim repetitive 50 meter lengths
- demonstrate the refinement of swimming skills
- Develop varying individual swim sessions by distance and intensity.
- Demonstrate an understanding of concepts such as interval sets and training phases

## Major Course Content

1. Orientation
  - a. Safety
  - b. Swimming Practical Exam
  - c. Class Procedures
2. Components of Fitness
  - a. Cardiorespiratory Endurance
  - b. Muscular Strength and Endurance
  - c. Flexibility
  - d. Body Composition
3. Physiological Aspects of Fitness
  - a. Heart Rate
  - b. Respiration
  - c. Hydration
  - d. Stress Management

4. Diet
  - a. Effect on Performance
  - b. Weight Loss/ Weight Gain

## Lab Content

1. Pre-Testing
  - a. Stroke Skills
  - b. Health Related Components
2. Flexibility Activities
  - a. Static Stretching
  - b. Active Stretching
3. Warm-up/ Cool-down Activities
  - a. Safety Modifications
  - b. Lane Rules
4. Stroke Development
  - a. Backstroke
    - i. Leg Kick
      - A. Kickboard
      - B. Fins
    - ii. Arm Cycle
      - A. Pull Buoy
      - B. Stretch Bands
    - iii. Breathing
      - A. Cycle (stroke count)
      - B. Snorkel
    - iv. Timing (Kick, stroke and breathing)
    - v. Turns
      - A. ip turns
  - b. Breaststroke
    - i. Leg Kick
      - A. Kickboard
      - B. Fins
    - ii. Arm Cycle
      - A. Pull Buoy
      - B. Stretch Bands
    - iii. Breathing
      - A. Cycle (stroke count)
      - B. Snorkel
    - iv. Timing (Kick, stroke and breathing)
    - v. Turns
      - A. Open turns
  - c. Butterfly
    - i. Leg Kick
      - A. Kickboard
      - B. Fins
    - ii. Arm Cycle
      - A. Pull Buoy
      - B. Stretch Bands
    - iii. Breathing
      - A. Cycle (stroke count)
      - B. Snorkel
    - iv. Timing (Kick, stroke and breathing)
    - v. Turns
      - A. Open turns
  - d. Freestyle (Crawl)
    - i. Leg Kick
      - A. Kickboard
      - B. Fins
    - ii. Arm Cycle
      - A. Pull Buoy
      - B. Stretch Bands

- iii. Breathing
  - A. Cycle (stroke count)
  - B. Snorkel
- iv. Timing (Kick, stroke and breathing)
- v. Turns
  - A. Flip turns
- 5. Training Techniques
  - a. Specific Distance
  - b. Timed Interval
  - c. Continuous Swim
- 6. Target Heart Rate
  - a. Intensity Level
  - b. Age
  - c. Fitness Level
- 7. Workouts By Lanes
  - a. Skill Level
  - b. Speed
- 8. Progressive Overload
  - a. Intensity
  - b. Duration
  - c. Frequency
- 9. Post Tests
  - a. Stroke Skills
  - b. Health Related Components

## **Suggested Reading Other Than Required Textbook**

Instructor Handouts

## **Examples of Required Writing Assignments**

Describe the various muscle groups used in the execution of the following swimming strokes: Freestyle, Breaststroke, Butterfly and Backstroke.

## **Examples of Outside Assignments**

Participate in swimming observation at a local fitness club or community aquatics program.

## **Instruction Type(s)**

Lecture, Lab, Online Education Lecture, Online Education Lab