

KINC 212: VARSITY SWIMMING

Citrus College Course Outline of Record

| Heading | Value |
|-------------------------|---|
| Effective Term: | Fall 2021 |
| Credits: | 2 |
| Total Contact Hours: | 108 |
| Lab Hours: | 108 |
| Hours Arranged: | 0 |
| Outside of Class Hours: | 0 |
| Strongly Recommended: | Advanced swimming skills to participate in a competitive collegiate experience; must be a varsity college/athlete prospect or with coaches' permission. |
| Transferable to CSU: | Yes |
| Transferable to UC: | Yes - Approved |
| Grading Method: | Standard Letter, Pass/No Pass |

Catalog Course Description

Intercollegiate competition in varsity swimming. This course may be taken four times. 108 lab hours.

Course Objectives

- demonstrate improvement in physical endurance and cardiovascular efficiency
- demonstrate the skills of swimming and understand the value of various workouts
- analyze and apply race strategies
- evaluate opponents weaknesses and formulate an offensive or defensive adjustment

Major Course Content

All lab content.

Lab Content

Varsity Swimming and Diving includes instructor guided practice and demonstration in the following content areas:

1. Individual Technique and Stroke Development
 - a. Backstroke
 - i. Leg kick
 - ii. Arm cycle
 - iii. Timing
 - iv. Breathing
 - b. Breaststroke
 - i. Leg kick
 - ii. Arm cycle
 - iii. Timing
 - iv. Breathing
 - c. Butterfly
 - i. Leg kick
 - ii. Arm cycle
 - iii. Timing
 - iv. Breathing
2. Swimming Events
 - a. Starts
 - i. Blocks
 - ii. Body Position
 - iii. Balance
 - iv. Reaction
 - v. Repetitive Drills
 - b. Events
 - i. W – 1M Diving
 - ii. M – 1M Diving
 - iii. W – 200 Medley Relay
 - iv. M – 400 Medley Relay
 - v. W – 1000 Freestyle
 - vi. M – 1000 Freestyle
 - vii. W – 200 Freestyle
 - viii. M – 200 Freestyle
 - ix. W – 50 Freestyle
 - x. M – 50 Freestyle
 - xi. W – 200 IM
 - xii. M – 200 IM
 - xiii. W – 3M Diving
 - xiv. M – 3M Diving
 - xv. W – 100 Fly
 - xvi. M – 200 Fly
 - xvii. W – 100 Freestyle
 - xviii. M – 100 Freestyle
 - xix. W – 100 Back
 - xx. M – 200 Back
 - xxi. W – 500 Freestyle
 - xxii. M – 500 Freestyle
 - xxiii. W – 100 Breast
 - xxiv. M – 200 Breast
 - xxv. W – 200 Free Relay
 - xxvi. M – 400 Free Relay
3. Area Specific Weight and Conditioning Programs
 - a. Individual and Relay Events
 - b. Diving
4. Team Strategy
 - a. Opposition vs. team strengths
 - b. Weather
 - c. Individual and relay strategy
 - d. Scoring opportunities
5. Rules of Swimming and Diving

- a. Pool Markings
 - i. Races
 - ii. Relays
 - iii. Starts
 - iv. Finish
 - v. Lanes
- b. Race Rules
 - i. Starts
 - ii. False Starts
 - iii. Relays
 - iv. Lanes
- 6. Competition
 - a. Pre-conference Competition
 - b. Conference Competition
 - c. Post Season Competition

Suggested Reading Other Than Required Textbook

NCAA Rules Book and Coaches Handouts

Examples of Outside Assignments

Practice skills Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

Instruction Type(s)

Lab, Online Education Lab