

College of San Mateo
Official Course Outline

1. **COURSE ID:** AQUA 127.1 **TITLE:** Swim Stroke Development I
Semester Units/Hours: 0.5 - 1.0 units; a minimum of 24.0 lab hours/semester; a maximum of 48.0 lab hours/semester
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

A course designed to expose students to the benefits of aerobic exercise through swimming. The focus will be on the development of stroke mechanics including the free style, butterfly, back stroke, and breast stroke. Must be able to swim one length without touching the bottom or side walls.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Improve body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.
2. Demonstrate fundamental biomechanical knowledge of the various strokes; freestyle, breast stroke, back stroke and butterfly at a beginning level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

At a beginning level:

1. Perform rudimentary skills of back stroke, breast stroke, butterfly and free style swimming techniques.
2. Swim competently without touching the side walls or the pool bottom.
3. Utilize and synchronize both upper body and lower body when performing the swim strokes.

6. **COURSE CONTENT:**

Lab Content:

At a beginning level:

1. Introduction
 1. Stretching
 1. Static
 2. Dynamic
 2. Injury prevention
 3. Pool safety
 4. Dry-land mechanics
 1. Free style
 2. Breast Stroke
 3. Back Stroke
 4. Butterfly
 5. Core stabilization exercises (dry land)
 1. Dying bug
 2. Crunches
 3. Push-ups
 6. Shallow water mechanics introduction
 1. Free style
 2. Breast Stroke
 3. Back Stroke
 4. Butterfly

7. Conditioning Exercises
 1. Interval training
 2. Cardiovascular conditioning
8. Efficiency of swim strokes
9. Coordination of upper body and lower body mechanics

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

1. Lecture
2. Lab
3. Activity
4. Critique
5. Discussion
6. Individualized Instruction
7. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Final exam on the physiological principles of exercise

Reading Assignments:

Instructor generated hand-outs provided to supplement instruction

Other Outside Assignments:

Students are encouraged to engage in at least one additional session of physical activity outside of class each week.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

1. Class Participation
2. Class Performance
3. Class Work
4. Exams/Tests
5. Final Class Performance
6. Lab Activities
7. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

1. Montgomery, Jim, Chambers, Mo. *Mastering Swimming*, 4th ed. Champaign, Ill: Human Kinetics, 2009

Origination Date: January 2013

Curriculum Committee Approval Date: January 2013

Effective Term: Fall 2013

Course Originator: Randy Wright