

College of San Mateo
Official Course Outline

1. **COURSE ID:** AQUA 127.3 **TITLE:** Swim Stroke Development III
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:
 An advanced level 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.

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 an advanced level.
 2. Demonstrate biomechanical knowledge of the various strokes; freestyle, breast stroke, back stroke and butterfly at an advanced level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
At an advanced level:
 1. Perform advanced level skills of back stroke, breast stroke, butterfly and free style swimming techniques
 2. Swim competently and comfortably in an Olympic pool
 3. Utilize and synchronize both upper body and lower body when performing the swim strokes.

6. **COURSE CONTENT:**
Lab Content:
At an advanced 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. Directed Study
6. Discussion
7. Individualized Instruction
8. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Final examination on various physiological principles of exercise

Reading Assignments:

Instructor generated hand-outs 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 and 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