

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** AQUA 127.1    **TITLE:** Swim Stroke Development I  
**Units:** 0.5 -1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours  
**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 beginning level swim 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 in one or more: 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
  - A. Stretching
    - a. Static
    - b. Dynamic
  - B. Injury prevention
  - C. Pool safety
  - D. Dry-land mechanics
    - a. Free style
    - b. Breast Stroke
    - c. Back Stroke
    - d. Butterfly
  - E. Core stabilization exercises (dry land)
    - a. Dying bug
    - b. Crunches
    - c. Push-ups
  - F. Shallow water mechanics introduction
    - a. Free style
    - b. Breast Stroke
    - c. Back Stroke
    - d. Butterfly
  - G. Conditioning Exercises

- a. Interval training
- b. Cardiovascular conditioning
- H. Efficiency of swim strokes
- I. Coordination of upper body and lower body mechanics

**7. REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Discussion
- F. Individualized Instruction
- G. 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:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Lab Activities
- G. Written examination

**10. REPRESENTATIVE TEXT(S):**

Other:

- A. Instructor generated handouts.

**Origination Date:** February 2017  
**Curriculum Committee Approval Date:** April 2017  
**Effective Term:** Fall 2017  
**Course Originator:** Andreas Wolf