

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** AQUA 133.1    **TITLE:** Individual Swim Conditioning 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:**

This beginning level swim course is designed to engage students in a comprehensive cardiovascular exercise through the activity of swimming. The course utilizes tailored exercise prescriptions based on individual need, and is comprised of various drills and exercises to emphasize the physiological value of swimming to obtain cardiovascular fitness and muscular tone. 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 knowledge of various exercises and stroke mechanics used in swimming 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. Demonstrate various exercise modalities to develop cardiovascular fitness in a hydro environment
2. Understand how to progressively overload for both resistance and cardiovascular training.
3. Understand aerobic vs. anaerobic training modalities.
4. Differentiate between interval training, resistance training, and cardiovascular development

6. **COURSE CONTENT:**

**Lab Content:**

**At a beginning level:**

1. Introduction
  - A. Review student requirements
  - B. Review safety procedures
2. Dry land biomechanical review
3. Dry land cardiovascular conditioning/flexibility exercises/strength training
4. Cardiovascular Development
  - A. Review swim stroke mechanics, efficiencies
    - a. Isolation of various muscle groups pertaining to various swim strokes
  - B. Understanding training zone (Heart Rate)
  - C. Review drills to isolate elements of each swim stroke
  - D. Kick and pull to focus on upper body and lower body
  - E. Conditioning and sprint exercises to control and develop various swim speeds
5. Swim Equipment Training
  - A. Use of kick boards
  - B. Use of paddles, pull bouys and tennis balls
  - C. Use of stretch cords and fins
6. Review and implement swim workout design elements
  - A. Warm-up procedures
  - B. Main swim sets: aerobic and anaerobic

C. Warm down

**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 written examination on the physiological benefits 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:

- A. Class Participation
- B. Class Performance
- C. Exams/Tests
- D. Lab Activities
- E. Written examination
- F. Pre and post test physiological assessment

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

Other:

- A. Instructor generated handouts to supplement instruction.

**Origination Date:** February 2017

**Curriculum Committee Approval Date:** February 2017

**Effective Term:** Fall 2017

**Course Originator:** Andreas Wolf