College of San Mateo
Official Course Outline

1. **COURSE ID:** AQUA 133.4 **TITLE:** Individual Swim Conditioning IV
   Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours
   Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

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 expert level 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 one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an expert level.
   2. Demonstrate knowledge of various exercises and stroke mechanics used in swimming at an advanced level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
   Upon successful completion of this course, a student will be able to:
   At an expert level:
   1. Demonstrate various exercise modalities to develop cardiovascular fitness in a hydro environment.
   2. Progressively overload for both resistance and cardiovascular training.
   3. Differentiate between aerobic vs. anaerobic training modalities.

6. **COURSE CONTENT:**
   Lab Content:
   At an expert 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. Directed Study
   F. Discussion
   G. Individualized Instruction
   H. 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 used to supplement instruction and reading assignments.
   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
   H. Pre and post physiological assessment

10. **REPRESENTATIVE TEXT(S):**
    Other:
    A. Instructor generated handouts to supplement instruction.

Origination Date: December 2023
Curriculum Committee Approval Date: March 2024
Effective Term: Fall 2024
Course Originator: Andrew Silva