

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** VARS 160 **TITLE:** Varsity Swim
Units: 3.0 units **Hours/Semester:** 144.0-162.0 Lab hours
Method of Grading: Grade Option (Letter Grade or P/NP)
Prerequisite: This is an intercollegiate swim class that requires extensive swimming. Students must be able to swim one length without touching the bottom or side walls.

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:
 Intercollegiate swim competition in the Coast Conference, Northern California, and State. Emphasizes both the conditioning and the proper technique of all strokes with emphasis on how to swim efficiently, effectively and faster. (May be taken four times for a maximum of 12 units. However, for eligibility purposes, students may only compete intercollegiately for two years.)

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Recognize and adhere to eligibility bylaws.
 2. Demonstrate improvement in swim strength and endurance using the competitive swim strokes: butterfly, backstroke, breaststroke and freestyle.
 3. Improvement in technique and coordination in utilizing the kick, pull and swim drills to control specific elements of each stroke.
 4. Increase swim speed by using individualized swim log of recorded times and competitions against other colleges.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Recognize and adhere to eligibility bylaws.
 2. Demonstrate improvement in swim strength and endurance using the competitive swim strokes: butterfly, backstroke, breaststroke and freestyle.
 3. Improvement in technique and coordination in utilizing the kick, pull and swim drills to control specific elements of each stroke.
 4. Increase swim speed by using individualized swim log of recorded times and competitions against other colleges.

6. **COURSE CONTENT:**
Lecture Content:
 1. Introduction
 - A. Review of eligibility bylaws
 - B. Review of practice and meet schedules
 - C. Review of competitive swim strokes and swim events
 2. Fundamentals and Stroke Development
 - A. Drills to isolate elements of each stroke
 - B. Kick and pull to focus on upper and lower body
 - C. Conditioning and sprint exercises to control and develop various swim speeds
 3. Swim Equipment Training
 - A. Kick boards
 - B. Paddles, pull bouys and tennis balls
 - C. Stretch Chords
 4. Wall Exercises

- A. Starts
 - B. Turns
 - C. Finishes
5. Competitive Greatness
- A. Conditioning and Top Speed
 - B. Mental Preparation
 - C. Strategy

Lab Content:

- Warm-Up and Flexibility Exercises
- Physiological Conditioning Specific to the Sport of Swimming
- Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
- Individual Skill Development to encompass the various strokes; free, butterfly, back stroke, and breast stroke
 - Sprints
 - Long distance
- Mental Imagery Techniques and Strategies

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
- I. Other (Specify): Demonstration of swim strokes. Lectures, video and practice sessions Swim meets and log and recorded swim times.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Students may be expected to observe, analyze and critique, in written form, film and practice/training logs.

Reading Assignments:

Students may be expected to read, understand and apply specific instructor generated handouts in a practical setting

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Final Class Performance
- E. Final Performance
- F. Lab Activities
- G. Papers
- H. Portfolios
- I. Simulation
- J. 1. Eligibility documentation 2. Completion of a physical 3. Swim log of recorded times 4. Success in swim competitions

10. REPRESENTATIVE TEXT(S):

Other:

- A. 2015/16 NCAA manual, 2015/16 CCCAA Constitution and Bylaws, 2015/16 CCCAA Sport Guide

Origination Date: March 2015

Curriculum Committee Approval Date: November 2015

Effective Term: Fall 2016

Course Originator: Andreas Wolf

