I. Description of Course:

1. **Department/Course:** PE - 350C3
2. **Title:** Intermediate Swimming
3. **Cross Reference:**
4. **Units:** 1
   - **Lec Hrs:**
   - **Lab Hrs:** 3
   - **Tot Hrs:** 54.00
5. **Repeatability:** No
6. **Grade Options:** Letter Grade, May Petition for Pass/No Pass (GC)
7. **Degree/Applicability:** Credit, Degree Applicable, Transferable - CSU (T)
8. **General Education:**
9. **Field Trips:** Not Required
10. **Requisites:** Advisory
    - Medical check within the last year.

12. **Catalog Description:**
    This course is designed to refine the four competitive swimming strokes through the use of stroke drills. This course will also include the proper starting and turning techniques for each swimming stroke. The Individual Medley will also be introduced along with its proper turns.

13. **Class Schedule Description:**
    This course refines the four competitive swimming strokes and teaches proper starting and turning techniques.

14. **Counselor Information:**
    This course is for students who already know how to swim the four competitive strokes.

II. Student Learning Outcomes

The student will:

1. Identify the specific skills that allow for efficient swimming technique in the freestyle, backstroke, breaststroke and the butterfly competitive strokes.
2. Demonstrate proper technique in the starts and associated turns for each competitive swimming stroke and Individual Medley.
3. Demonstrate an improvement in cardiorespiratory fitness and swimming efficiency.

III. Course Content:

A. Freestyle
   1. The catch, pull, finish and recovery
   2. Head position
   3. Body roll
   4. Six and three beat kick
   5. Alternate breathing

B. Backstroke
   1. The catch, pull, finish and recovery
   2. Head position
3. Body roll
4. Six and three beat kick

C. Breaststroke
   1. The catch, pull, finish and recovery
   2. Head position
   3. Body undulation
   4. Streamline
   5. Whip kick refinement

D. Butterfly
   1. The catch, pull, finish and recovery
   2. Head position
   3. Body undulation
   4. Pull kick coordination refinement

E. Turns
   1. Freestyle
   2. Backstroke
   3. Breaststroke
   4. Butterfly
   5. IM

F. Starts
   1. Freestyle
   2. Backstroke
   3. Breaststroke
   4. Butterfly

G. Introduction to interval training
   1. The pace clock
   2. Training pyramids

IV. Course Assignments:
   A. Reading Assignments
      1. Enrichment reading assignments from text on skill development and swim efficiency.

   B. Projects, Activities, and other Assignments
      1. Practice improving swim techniques.
      2. Partner critique to identify inefficient swim techniques and suggested improvements.
      3. Video evaluation to recognize the mistakes made by a beginning swimmer and identify the skills necessary for efficient strokes.

   C. Writing Assignments
      1. The students will write a one page paper describing the specific changes they made to their strokes and how those changes helped them become more efficient swimmers.

V. Methods of Evaluation:
   A. Starts and turns will be assessed by a skills rubric. (SLO 2)
   B. Swimming efficiency will be measured by a pre-test and post-test based on stroke counts over a distance of 25 yards. (SLO 1 & 3)
   C. Cardiovascular fitness will be assessed by a pre and post test of resting heart rates. (SLO 1)
D. Review of video evaluation. (SLO 1)
E. Evaluation of written self evaluation paper identifying personal change. (SLO 1)

VI. **Methods of Instruction:**

A. Laboratory
B. Discussion
C. Demonstration
D. Audiovisual
E. Collaborative Learning

VII. **Textbooks:**

Recommended


Supplemental

VIII. **Supplies:**

A. Proper swim attire (see syllabus)
   - Goggles
   - Swim cap
   - Towel

Approval Date:
CCC Number:
TOP Codes:
0835.10
C-ID Number: