

# All Fields Report

## Basic Course Information

College	Cañada College
Discipline	VARS-Kinesiology - Varsity Sports
Course Number	160
Full Course Title	Women's Varsity Swimming
Catalog Course Description	Consists of Intercollegiate Women's Swimming competition in the Coast Conference. The team also participates in regional invitationals, the Northern California Championship, and the CCCAA State Championship. Employs advanced training including conditioning and swim stroke mechanics at an intercollegiate level. May be repeated for credit up to 3 times.

## Proposal Information

Proposed Start	Year: 2022 Semester: Fall
Proposed Curriculum Committee Meeting Date:	03/11/2022
Deadline for submission to Dean's Queue:	02/03/2022
Deadline for submission of curriculum proposal to the Technical Review Committee:	02/15/2022
Proposal Origination Date:	12/19/2019
Justification For Board Report OR Curriculum Inventory update:	<p>1. <b>For NEW Courses:</b> Provide a brief justification statement describing the need for the course, its place in the curriculum, and pertinent information such as the role of advisory committees. New courses require approval of the SMCCCD Board of Trustees. The justification statement will be included on the annual Curricular Board report. Use complete sentences and present tense.</p> <p>2. <b>For all types of Course MODIFICATIONS (modifications, banking, deletions and reactivations):</b> Provide a brief justification statement describing the need for the change. The justification statement will be used for course updates in the State Curriculum Inventory as necessary. Use complete sentences and present tense.</p> <p>As of 2022, Cañada College in conjunction with SMCCD operates an aquatic center, including a competition pool. The request for both a women's intercollegiate varsity team and an adjunct teaching position is documented in the KAD division program review. The addition of Women's Varsity Swimming brings the Cañada College athletic department into Title IX compliance. The course fulfills the activity requirement for the local AA degree.</p>
Honors Course	No
Open Entry/Open Exit	No 0

## Equivalent Courses

Will this course replace an existing course in the catalog, or an experimental course?	No
If yes, identify and explain.	

### Similar Courses

<b>Is there a similar or equivalent course in SMCCCD?</b>	Yes
<b>Added Similar Courses</b>	VARS 160 (College of San Mateo)

### Units/Hours

<b>Unit Types</b>	Fixed
<b>Units</b>	Min: 3.00
<b>Variable Range</b>	Range (or)

#### Hours

Please enter hours as per term values

Method	Min Hours	Max Hours	Min Faculty Load	Min Units
Lecture	0.00	0.00	0.00	0.00
Lab	144.00	162.00	7.50	3.00
TBA	0.00	0.00	0.00	0.00
Work Experience	0.00	0.00	0.00	0.00
Field Experience	0.00	0.00	0.00	0.00
Other	0.00	0.00	0.00	0.00
Homework	0.00	0.00	0.00	0.00

**Other Hours**

#### Course Details

<b>Repeatable for Credit</b>	Yes Number of times repeatable: 3 Maximum Units Allowed 12.00 <ul style="list-style-type: none"> <li>Intercollegiate Athletics; section 55040(b)(1), 55041(a)(2)</li> </ul> Repeatability Justification: For eligibility purposes, students may only compete intercollegiately for two years however grey or red-shirting may add another 2 years.
<b>Grading Methods</b>	Grade Option (Letter Grade or Pass/No Pass)
<b>Audit</b>	Yes

### Materials Fee

<b>Fee Required?</b>	No
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### Student Learning Outcomes

- Upon successful completion of this course, a student will meet the following outcomes:
1. Demonstrate improvement in strength, endurance and technique when using the competitive swim strokes: butterfly, backstroke, breaststroke and freestyle.
  2. Improve both technique and coordination during kicking and pulling drills to refine specific elements of each swim stroke.
  3. Analyze and appraise both workouts and competitive performances using a personalized training log.

## Course Objectives

Upon successful completion of this course, a student will be able to:

1. Recognize and adhere to CCCAA eligibility bylaws.
2. Analyze video and adjust technique of the kick and pull segments of the stroke during both drills and competition.
3. Compose and assess SMART goals (Specific, Measurable, Attainable, Relevant, and Time-anchored) for training and competition.
4. Discuss and explain the importance of daily physical activity and a moderate level of fitness in order to maintain a healthy and enjoyable lifestyle.
5. Demonstrate the skill, strength and endurance necessary to compete at an intercollegiate level while performing the competition swim strokes (butterfly, backstroke, breaststroke and freestyle).

## Course Lecture Content

### Course Lab Content

1. Introduction
  1. CCCAA
    1. Student-Athlete Eligibility
    2. Rules of participation
    3. Equity
  2. Training and competition schedule
  3. Team rules and expectations
    1. Safety
    2. Etiquette and decorum
    3. Academic
    4. Social media
    5. Communication
  4. Syllabus
2. Dynamic Warm-Up
  1. Dryland exercises
    1. Resistance band
    2. Shoulder (rotator-cuff activation and stabilization)
    3. Major muscle groups
  2. Central nervous system activation
  3. Corrective exercises
    1. Overuse movement patterns
  4. General warm-up (wet)
3. Physiological Conditioning Specific to the Sport of Swimming
  1. Race simulation
  2. SMART Goals
    1. Outcome driven goals vs. process driven goals
    2. Specific, Measurable, Attainable, Relevant and Time-anchored
  3. Visualization
  4. Manage expectations
  5. Race day routine
4. Flexibility, Strength and Cardiovascular Training through Various Exercise Prescriptions
  1. Dryland training (technique and range of motion)
    1. Swim training bench
  2. Corrective exercises
    1. Recognize overused movement patterns and muscular imbalances

3. Resistance training
  1. Free weights
  2. Shoulder joint health (rotator cuff, scapular stabilization)
  3. Core strength
4. Dryland Cardiovascular training
  1. Jump rope
  2. Cycling (emphasis on pull phase of cycling stroke)
  3. Running
  4. Speed Development
  5. Rowing
5. Individual Skill Development to encompass the various strokes; free, butterfly, back stroke, and breast stroke
  1. Sprints and speed workouts (interval training and speed development exercises)
  2. Long/over distance (LSD)
    1. Cardiovascular development
6. Mental Imagery Techniques and Strategies
  1. Mind and body connection
  2. Control emotions
  3. Building confidence
7. Fundamentals and Stroke Development
  1. Drills to isolate elements of each stroke
    1. Lower body (kick)
    2. Upper body (pull)
    3. Core
  2. Conditioning and sprint exercises (stroke tempo)
8. Swim Equipment Training
  1. Kick boards, push plates and fins
  2. Paddles, pull buoys, tennis balls...
  3. Range of motion aid's (dryland bench, cords, swim bands...)
  4. Resistance bands
9. Wall Exercises
  1. Starts
  2. Turns
  3. Finishes
10. Competition
  1. Mental Preparation
  2. Strategy
  3. Taper and Recovery
  4. Post-race cool-down
  5. Pre and post nutrition
  6. Hydration

## TBA Hours Content

### Frequently Recommended Preparation

#### Frequently Recommended

Eligibility for READ 836 and ENGL 836; or ENGL 847 or ESL 400.

#### Writing

1. Write complete sentences and unified paragraphs.
2. Use correct basic punctuation, grammar and syntax.

**Reading**

1. Read material at 9th grade level accurately and with good comprehension.
2. Determine word meanings of vocabulary used in material at this level.

**Justification for Frequently Recommended Preparation**

Why is the knowledge of the recommended course(s), skill(s) or information necessary for students to succeed in the "target" course? Specify the relationship between the recommended knowledge and skills required of students and those taught in the "target course? (Please list the specific proficiencies students must possess in order to succeed in the "target" course.)

Students need to have basic reading and writing skills at the 9th grade level or higher in order to be successful in this course.

**Other Recommended Preparation**

*You have no defined requisites.*

**Prerequisites/Corequisites**

**Drag and Drop to Reorder**

Edit/Delete	Requisites	Analysis
	<b>Prerequisite</b> Demonstrated ability. Student-athletes must be enrolled in 12 units.	

**Content Review**

*You have not defined content review.*

**Mode of Delivery**

**Modes of Delivery**

Lab

**Representative Instructional Methods**

<b>Methods</b>	Lecture Lab Critique Activity Discussion Individualized Instruction Observation and Demonstration
<b>Other Methods</b>	

**Representative Assignments**

**Writing Assignments**

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- Analyze and critique both competition and training in a personal log; 2-3 pages each week.
- Set, write and critique SMART Goals; 1 page 3 times each semesters.

### Reading Assignments

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- Read, understand and apply specific instructor generated handouts in a practical setting, approximately 2-3 pages each week.
- Text reading in specific subject areas, approximately 3 pages per week.

### Other Outside Assignments

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- None

### To be Arranged Assignments

(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- Not applicable

## Representative Methods of Evaluation

This section defines the ways students will demonstrate that they have met the student learning outcomes.

Student grades will be based on multiple measures of student performance. Instructors will develop appropriate classroom assessment methods and procedures for calculating student grades, including the final semester grade. The following list displays typical assessment methods appropriate for this course. The actual assessment methods used in a particular classroom and section will be listed in the instructor's syllabus.

Methods must effectively evaluate critical thinking. Credit courses must include written communication, problem solving, and/or skills demonstrations.

Multiple measures may include, but are not limited to, the following:

### Methods

- Class Participation
- Class Performance
- Class Work
- Final Class Performance
- Final Performance

- Lab Activities
- Papers
- Portfolios
- Simulation
- 1. Eligibility documentation 2. Completion of a physical 3. Log and evaluate training and competition results 4. Document and log goals

### Representative Texts

Textbooks such as the following are appropriate:

**Formatting Style**      APA

#### Textbooks

1. Kalinoski, J. *Elite Swimming Workout: 2019-2020 (Elite Swim Workout Book 1)*, 22 ed. Amazon, 2021
2. Hekmati, D. *Foundations of Strength Training for Swimmers*, ed. Phoenix: Amazon, 2020

#### Manuals

*You have no manuals defined.*

#### Periodicals

*You have no periodicals defined.*

#### Software

*You have no software defined.*

#### Other

1. 2020/21 NCAA manual, 2021/22 CCCAA Constitution and Bylaws, 2021/22 CCCAA Sport Guide

### Degree/Certificate Applicability

**Designation**      Degree Credit

**Proposed For**      AA/AS Degree

**Course Designation Text**      Are there degrees/certificates to which this course applies?

### General Education/Degree/Transfer Course

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By Jose Pena

#### CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT

E2 Pending

#### CSU Transfer Course

Transfers to CSU Approved

#### Cañada GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT

E2 Pending

#### Cañada: BASIC COMPETENCY REQUIREMENTS

Physical Education Approved

#### UC Transfer Course

### Resources Needed

<b>Adequate Library Resources</b>	Consultation with the Coordinator of Library Services regarding the adequacy of campus and online information resources to fulfill course objectives is required prior to course approval. Inadequate to support the course Please Specify:
<b>Affected Resources</b>	Which of the following resources do you expect to be affected by the offering of this class? Check as many as appropriate.  None of the above
<b>Explain what effect the areas you have checked will have upon this college:</b>	

### Comparable Transfer Course Information

<b>Are there comparable courses?</b>	Yes
<b>Edit/Del</b>	<b>College Info</b>
	CSU CSU Fresno 2021 Swimming and Diving ATHL 189

### Minimum Qualification

No Minimum Qualifications For this Course

### CB Codes

<b>CB03 TOP Code</b>	0835.50 - Intercollegiate Athletics
<b>CB04 Course Credit Status</b>	D - Credit - Degree Applicable
<b>CB05 Course Transfer Status</b>	A = Transferable to both UC and CSU
<b>CB08 Course Basic Skill Status (PBS Status)</b>	2N = Course is not a basic skills course.
<b>CB09 SAM Code</b>	E - Non-Occupational
<b>CB11 California Classification Codes</b>	Y - Credit Course
<b>CB21 Levels Below Transfer</b>	Y = Not Applicable
<b>CB23 Funding Agency Category</b>	Y = Not Applicable

<b>CB25 Course General Education Status</b>	Y - Not Applicable
<b>CB26 Course Support Course Status</b>	N - Course is not a support course

**Codes/Dates**

**Entry of Special Dates**

<b>Instruction Office Review</b>	03/11/2022
<b>Last Outline Revision</b>	
<b>Content Review</b>	
<b>CC Approval</b>	03/11/2022
<b>DE Approval</b>	
<b>Effective Term</b>	Term: Fall Year: 2022

**Web Catalog**

<b>Course Family</b>	
<b>Web Catalog</b>	<input type="checkbox"/> Exclude from Web Catalog

**Instructional Services**

<b>Implementation Date</b>	
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<b>Originator</b>	Nicholas Carr
<b>Origination Date</b>	12/19/2019
<b>Proposal Type</b>	Cañada New Course
<b>C-ID Numbers</b>	
<b>CB00 State ID</b>	
<b>CB03 TOP Code</b>	0835.50 - Intercollegiate Athletics
<b>CB04 Course Credit Status</b>	D - Credit - Degree Applicable
<b>CB05 Course Transfer Status</b>	A = Transferable to both UC and CSU
<b>CB08 Course Basic Skill Status (PBS Status)</b>	2N = Course is not a basic skills course.
<b>CB09 SAM Code</b>	E - Non-Occupational
<b>CB10 Course COOP Work Exp-ED</b>	N = Not part of Coop Work Exp
<b>CB11 California Classification Codes</b>	Y - Credit Course
<b>CB13-Special Class Status</b>	N - Not Special
<b>CB21 Levels Below Transfer</b>	Y = Not Applicable
<b>CB22 Non Credit Course Category</b>	Y - Not Applicable
<b>CB23 Funding Agency Category</b>	Y = Not Applicable
<b>CB24-Program Course Status</b>	1 = Program Applicable
<b>CB25 Course General Education Status</b>	Y - Not Applicable
<b>CB26 Course Support Course Status</b>	N - Course is not a support course

**Web Catalog Metadata**

<b>Key</b>	
note_uc	

**Value**

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