

All Fields Report

Basic Course Information

College	Cañada College
Discipline	AQUA-Kinesiology - Aquatics
Course Number	133.1
Full Course Title	Individual Swim Conditioning I
Catalog Course Description	Students improve fitness and overall health through swimming. The course tailors swim workouts, drills and exercises to meet individual fitness and skill levels. Entering students must be able to swim one length without touching the bottom or side walls of the pool.
Class Schedule Course Description	Students improve fitness and overall healthy through swimming. The course tailors swim workouts, drills and exercises to meet individual fitness and skill levels. Entering students must be able to swim one length without touching the bottom or side walls of the pool.

Proposal Information

Proposed Start	Year: 2021 Semester: Fall
Proposed Curriculum Committee Meeting Date:	05/14/2021
Deadline for submission to Dean's Queue:	04/08/2021
Deadline for submission of curriculum proposal to the Technical Review Committee:	04/20/2021
Proposal Origination Date:	12/25/2019

Justification For Board Report OR Curriculum Inventory update:	<p>1. For NEW Courses: 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. For all types of Course MODIFICATIONS (modifications, banking, deletions and reactivations): 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>Individual Swim Conditioning I is the first of four courses teaching swimming for health and fitness. Students are able to apply this course toward an AA degree in kinesiology, and they may take it for honors. The course will be taught in the state-of-the-art aquatic facility (two pools) of the Cañada College Fitness and Wellness Center, opening spring 2021.</p>
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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

Is there a similar or equivalent course in SMCCCD?	Yes
Added Similar Courses	AQUA 133.1 (College of San Mateo)

Units/Hours

Unit Types	Fixed
Units	Min: 1.00
Variable Range	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	48.00	54.00	2.25	1.00
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

Repeatable for Credit	No
Grading Methods	Grade Option (Letter Grade or Pass/No Pass)
Audit	Yes

Materials Fee

Fee Required?	No
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Student Learning Outcomes

- Upon successful completion of this course, a student will meet the following outcomes:
1. Improve in one or more of the following basic elements of fitness: body composition, flexibility, muscular strength, muscular endurance, and cardiovascular endurance.
 2. Demonstrate knowledge of stroke mechanics with enough proficiency to safely use swimming for physical conditioning at a beginning level.
 3. Recognize the importance of daily physical activity with regards to lifelong health and well-being.

Course Objectives

- Upon successful completion of this course, a student will be able to:
1. Understand the five basic principles of fitness.
 2. Demonstrate a safe and effective warm-up for swimming that includes both general and dynamic elements.
 3. Explain the benefits of swimming as an exercise modality.

4. Recall the overload principle and understand that the body adapts to the gradual and progressive increase of physical stress.
5. Distinguish the differences between aerobic and anaerobic training.
6. Understand, respect and employ the universal water safety rules and procedures.
7. Practice and refine the freestyle, backstroke and turns to allow the enjoyment of swimming for a lifetime.

Course Lecture Content

Course Lab Content

1. Introduction

1. Review Course Requirements and Procedures

1. Textbook
2. Assignments
3. Physical activity and participation

2. Review Safety Protocols

1. Lifeguard
2. AED

3. Aquatic Facility Rules and Etiquette

1. Hygiene

4. Course Training Equipment

1. Set up
2. Break down
3. Care
4. Progressive training aides
5. Kick boards
6. Pull buoys
7. Fins
8. Resistance gloves
9. Resistance bands

5. Personal Equipment

1. Goggles
2. Nose clips
3. Ear plugs
4. Swim suit
5. Towel
6. Sandals

2. Importance of Daily Physical Activity

1. Health- Related Benefits vs Performance-Related Fitness

2. Health and Wellness Benefits

3. Disease Prevention and Quality of Life

1. Cardiovascular
2. Muscular strength and muscular endurance
3. Body composition
4. Bone density
5. Flexibility
6. Balance and spatial awareness
7. Mental health
8. Cognitive function
9. Sleep

4. Swimming as a Safe and Fun Lifelong Physical Activity

1. Benefits of swimming
 2. Appropriate for current fitness level and health goals
 3. Start slow and go slow
3. General and Dynamic Warm-up
 1. Build and Support Foundation of Movement
 2. Correct Muscle Imbalances
 3. Prepare for Physical Activity
 1. Gradually increase muscle temperature
 2. Engage central nervous system
 3. Increase power and agility
 4. Maintain joint stability
 5. Core activation
 4. Genral Warm-up
 1. In the pool using multiple strokes
4. Stroke Mechanics and Efficiency
 1. Dry Land Training
 1. Body positions
 2. Spatial awareness
 3. Tempo and range of motion
 4. Injury prevention
 5. Resistance bands
 2. Shallow Water Training
 1. Transition to pool
 2. Breathing
 3. Isolate elements of stroke
5. Cardiovascular Development
 1. Review Swim Stroke Mechanics, Efficiency
 2. Emphasis on Increasing Aerobic Capacity
 3. Training Zone (Heart Rate)
 1. Moderate to vigorous intensity
 2. Volume and duration
 4. Use Several Different Strokes During Workout
 5. Kick and Pull (focus on upper body or lower body)
 6. Stroke Tempo and Efficiency
6. Swim Equipment and Progressive Training Aides
 1. Floatation Vest
 2. Kick Boards or Fins
 3. Paddles or Gloves
 4. Pull Bouys or Tennis Balls
 5. Resistance Bands
7. Review Implementation of Swim Training and Workout Design Elements
 1. Warm-up, General and Dynamic
 2. Workout Goals
 3. Main Swim Elements: Aerobic, Anaerobic or Both
 4. Intensity, Volume and Duration
 5. Stroke Mechanics
8. Cool Down and Recovery
 1. General Activity
 1. Active recovery
 2. Self-Myofascial Release
 3. Foam rollers
 4. Balls
 5. Massage tools

- 6. Static Stretching
- 7. Hydration
- 8. Nutrition
- 9. Sleep

TBA Hours Content

Frequently Recommended Preparation

Frequently Recommended	<p>Eligibility for READ 836 and ENGL 836; or ENGL 847 or ESL 400.</p> <p>Writing</p> <ol style="list-style-type: none"> 1. Write complete sentences and unified paragraphs. 2. Use correct basic punctuation, grammar and syntax. <p>Reading</p> <ol style="list-style-type: none"> 1. Read material at 9th grade level accurately and with good comprehension. 2. Determine word meanings of vocabulary used in material at this level.
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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.)

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Other Recommended Preparation

You have no defined requisites.

Prerequisites/Corequisites

You have no defined requisites.

Content Review

You have not defined content review.

Mode of Delivery

Modes of Delivery

Online
Lab

Representative Instructional Methods

Methods | Lab

Critique
Activity
Discussion
Individualized Instruction
Observation and Demonstration

Other Methods

Representative Assignments

Writing Assignments

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

- Essay on the physiological benefits of exercise (3 to 5 pages in length).

Reading Assignments

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

- Reading from the textbook (approximately 1 - 2 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.)

- Students are encouraged to engage in at least one additional session of physical activity outside of class each week.

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
- Exams/Tests
- Lab Activities
- Papers
- Quizzes
- Written examination
- Pre and post test physiological assessment

Representative Texts

Textbooks such as the following are appropriate:

Formatting Style APA

Textbooks

1. Denes, T. Gainor, C. Zimmers, J.. *The Waterproof Swimmer: More Swimming Workouts for Swimmers and Triathletes*, 1st ed. Ancient Mariner Aquatics, Inc., 2020

Manuals

You have no manuals defined.

Periodicals

You have no periodicals defined.

Software

You have no software defined.

Other

1. Instructor generated handouts to supplement instruction.

Degree/Certificate Applicability

Designation	Degree Credit
Proposed For	AA/AS Degree
Course Designation Text	Are there degrees/certificates to which this course applies? Kinesiology AA Degree

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

Transfers to UC Pending

Course Distance Education

Distance Ed Supplement	New distance education supplement
Distance Education	Distance education component was developed by an instructor with training in online pedagogy. Training: Faculty have completed online instruction training (QOTL or comparable program). Faculty are experienced online instructors who have completed distance education workshops.
Method of Distance Education	Online, Hybrid, Web Assisted Course; (If there are limitations on how this course would be offered please explain below)
Online Method Limitations	
Other Methods	
Course Content and Methodology	The objectives and content of the course are adequately covered by the methods of instruction, assignments, evaluation of student outcomes, and instructional materials. The instructional equipment and materials are sufficient. The preparation and training of faculty are sufficient. Regular personal contact between students and instructor is sufficient. Methods of student evaluation are designed to maintain examination security. Evaluation of student outcomes is sufficient to permit review and assessment of the effectiveness of distance education for this course and to provide information for the annual distance education report.
Instructional Methodologies (How will you deliver the course content?):	Announcements/Bulletin Boards Chat Rooms E-mail Electronic Forum One-Way Video Conferencing (One-way interactive video and two-way interactive audio) Online Presentations Resource Links Telephone Two-Way Video conferencing (Two-way interactive video and audio)
Representative Courseware/Textbooks Materials:	Other: Instructor generated handouts to supplement instruction.
Methods of Evaluation of Student Performance:	Education changed dramatically in the last year. Distance education and the use digital platforms in teaching is now common place. The modification to the mode of delivery allows this course to be taught in-person, as a hybrid or completely remote. Online quizzes, weekly physical activity tracked by APP (Strava...), electronic forums or discussions and short essays submitted electronically are the planned modes of evaluation.
How are you ensuring that students with disabilities can access your course in accordance with Section 508?	All images have alternative text, video files have synchronized captions, "semantic markup" allows headings and lists to use the best tags for accessibility, physical activity is adapted to allow those with physical limitations to participate.

Plan for Regular Effective Communication Contact Between Faculty and Student (Title 5, 55204). "Local policies should establish and monitor minimum standards of regular effective contact."

Announcements/Bulletin Boards - Bulletin board and student chats 2 times each semester.

Discussion Boards - Electronic discussion boards 2-4 times each semester (students must respond to at least 2 classmates posts).

Email Communication - Weekly emails (return student emails within 48 hours).

Office hours - Weekly office hours (optional).

Resources Needed

Adequate Library Resources	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:
Affected Resources	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

Explain what effect the areas you have checked will have upon this college:

Comparable Transfer Course Information

Are there comparable courses?	Yes
Edit/Del	College Info
	CSU CSU Long Beach 2020 Physical Education Activity: Swimming Conditioning KIN 126A

Minimum Qualification

No Minimum Qualifications For this Course

CB Codes

CB03 TOP Code	0835.00 - Physical Education
CB04 Course Credit Status	D - Credit - Degree Applicable
CB05 Course Transfer Status	A = Transferable to both UC and CSU
CB08 Course Basic Skill Status (PBS Status)	2N = Course is not a basic skills course.
CB09 SAM Code	E - Non-Occupational
CB11	Y - Credit Course

California Classification Codes	
CB21 Levels Below Transfer	Y = Not Applicable
CB23 Funding Agency Category	Y = Not Applicable
CB25 Course General Education Status	Y - Not Applicable
CB26 Course Support Course Status	N - Course is not a support course

Codes/Dates

Entry of Special Dates	
Instruction Office Review	
Last Outline Revision	
Content Review	
CC Approval	05/14/2021
DE Approval	05/14/2021
Effective Term	Term: Fall Year: 2021

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

Instructional Services

Implementation Date	
Originator	Nicholas Carr
Origination Date	12/25/2019
Proposal Type	Cañada New Course
C-ID Numbers	
CB00 State ID	
CB03 TOP Code	0835.00 - Physical Education
CB04 Course Credit Status	D - Credit - Degree Applicable
CB05 Course Transfer Status	A = Transferable to both UC and CSU
CB08 Course Basic Skill Status (PBS Status)	2N = Course is not a basic skills course.
CB09 SAM Code	E - Non-Occupational
CB10 Course COOP Work Exp-ED	N = Not part of Coop Work Exp
CB11 California Classification Codes	Y - Credit Course
CB13-Special Class Status	N - Not Special
CB21 Levels Below Transfer	Y = Not Applicable
CB22 Non Credit Course Category	Y - Not Applicable

CB23 Funding Agency Category	Y = Not Applicable
CB24-Program Course Status	1 = Program Applicable
CB25 Course General Education Status	Y - Not Applicable
CB26 Course Support Course Status	N - Course is not a support course

Web Catalog Metadata

Key	Value
note_uc	
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