

# ATHL 32: INTERCOLLEGIATE SWIMMING I (MEN & WOMEN)

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

## Student Learning Outcomes

- Upon completion student athletes should be able to execute race strategies appropriate to the sport, demonstrating and understanding those strategies.
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## Description

Competitive intercollegiate swimming emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the men's/women's swimming team.

## Course Objectives

The student will be able to:

1. Demonstrate individual fundamental skills pertaining to swimming and/or diving
2. Demonstrate and apply practical and general knowledge of the sport of swimming and/or diving and its rules
3. Identify and analyze concepts, strategies, and personnel of opponents through film analysis and simulated competition situations

4. Demonstrate the ability to work with a team unit and develop team concepts

## Course Content

1. Individual fundamental skills and conditioning
  - a. Agility
  - b. Coordination
  - c. Reaction
  - d. Muscular strength
  - e. Muscle and cardiovascular endurance
2. Practical and general knowledge of swimming and/or diving and its rules
  - a. Practice drills
  - b. Competition situations
3. Concepts and race/performance strategies
  - a. Swimming events
  - b. Diving events
  - c. Team personnel
4. Team development and goals

## Lab Content

1. Swimming - various styles
2. Breathing techniques

## Special Facilities and/or Equipment

1. Access to the swimming pool.
2. Training equipment (fins, bouts, kick boards).
3. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access. Students may need to secure their own access to equipment specific to the sport.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Subjective assessment of physical skills and performance by direct coach's observation

1. Individual and team verbal critiques
2. Video analysis
3. Student-athlete counseling: academic involvement, athletic department, eligibility
4. Individual improvement, performance, and contribution to the total team effort

Objective assessment of performance

1. Individual statistical record
2. Final evaluations

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture  
 Discussion  
 Cooperative learning exercises  
 Laboratory  
 Demonstration

## **Representative Text(s) and Other Materials**

. [NCAA Men's and Women's Swimming and Diving Rules and Interpretations 2021-2022](#) .

The most recent edition of the rules and interpretations will be used; annual updates are available online at <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

Optional reading and writing assignments as recommended by instructor.

## **Discipline(s)**

Physical Education or Coaching