

ATHL 32A: PRESEASON CONDITIONING FOR SWIMMING

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	2
Hours:	6 laboratory per week (72 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 students should be able to understand and apply the rules and etiquette of the sport of swimming.
- Upon completion students should be able to show increased muscular endurance and/or technical proficiency of the four competitive strokes - freestyle, butterfly, backstroke and breaststroke.

Description

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of swimming.

Course Objectives

The student will be able to:

- Demonstrate the skills necessary to compete in intercollegiate swimming at a maximum level of performance
- Explain the value of sport in developing commitment, self-discipline, self-respect, and teamwork, and adhere to an athletic code of excellence through exemplary deportment both on and off the field of competition
- Discuss and demonstrate effective strategies required by the sport of swimming

- Demonstrate increased strength, endurance, stamina, flexibility, and knowledge of a healthy diet

Course Content

- Advanced development of fundamental skills applicable to the sport of swimming
 - Individual physical skills relative to swimming
- Physical fitness development
 - Muscular development
 - Muscular endurance
 - Cardiovascular fitness
 - Flexibility
 - Nutritional knowledge
- Stress and pressure/mental game
 - Choking and safeguards against pressure
 - When to take chances and when to play it safe
 - Concentration and "the zone"
- Rules
 - Video on the rules of swimming
 - How to use the rulebook for swimming
 - Appropriate behavior during competition
- Practice sessions
 - Individual skills/techniques
 - Team drills/strategies
- Sportsmanship and etiquette
 - Mutual respect
 - Rivalry and camaraderie
 - Zeal for excellence
- Individual and team philosophy
 - Motivation
 - Pride
 - Excellence
 - Sacrifice
 - Success
 - Integrity
 - Perseverance

Lab Content

- Swimming - various styles
- Breathing techniques

Special Facilities and/or Equipment

- Equipment required for the sport of swimming.
- 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:

Physical skills and techniques will be assessed by direct instructor observation

- Individual and team verbal critiques

2. Video analysis
3. Individual improvement, performance, and contribution to team effort

Method(s) of Instruction

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

Lecture presentations and team discussion
Facilitation of drills and activities that promote learning objectives

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