ATHL 32C: FUNCTIONAL FITNESS FOR SWIMMING

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 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 perform exercises in and out of the water to achieve improved cardiovascular fitness, muscular strength, endurance, and flexibility.
- Upon completion students should be able to identify weight management principles, basic physiology of exercise and the benefits of regular exercise.

Description

This course will provide advanced training and instruction in the use of weights for the sport of swimming.

Course Objectives

The student will be able to:

1. Participate in a structured and comprehensive program of advanced weight training for the sport of swimming
2. Develop and apply personal and performance goals
3. Employ correct lifting techniques in a variety of advanced resistance exercise techniques for the sport of swimming
4. Demonstrate the differences between a variety of advanced resistance exercise techniques for performance in the sport of swimming

Course Content

1. Establish performance goals which students are encouraged to work toward
2. Develop knowledge and understanding of various advanced strength training techniques
3. Super sets
4. Periodizations
5. Negatives
6. Isometric and Super Slow training
7. Olympic style lifts
8. Develop strength through participation in various advanced strength training techniques
9. Develop individualized performance goals which encourage specialization in the sport of swimming
10. Explain physiological and anatomical relationships of weight training effects on the body consistent with the performance goals for the sport of swimming

Lab Content

Use of pin-set machines, free weights, and functional fitness strengthening exercises, such as lifting, squatting, stretching, balancing (e.g., medicine balls, BOSU, and TRX).

Special Facilities and/or Equipment

1. Free weights.
2. Squat racks.
3. Olympic lifting platforms.
4. 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:

Strength development will be assessed and measured by certain lifts, such as the bench press, squats, and military press
Demonstrating the correct form in the Olympic lifts used for performance in the sport of swimming

Method(s) of Instruction

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

Active participation by students and instructor to facilitate an effective learning environment
Lecture and/or 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