

PHED 10C: AQUATICS: LEVEL III, MASTERS SWIMMING/ADVANCED SWIM TRAINING

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Aquatic family of activity courses.
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:	Not Repeatable

Student Learning Outcomes

- Develop improved cardiovascular conditioning through competitive swimming.
- Demonstrate and explain proper swimming techniques and demonstrate a knowledge of different types of competitive workout planning

Description

Advanced programs and concepts of swim strokes, competitive flip turns, and endurance training for competition.

Course Objectives

The student will be able to:

- Develop advanced technical swimming skills in all strokes
- Explain aerobic training principles involved in swimming
- Practice and demonstrate competitive turns
- Recognize the benefits of a regular aerobics swimming program
- Identify signs and symptoms of swimming training intolerance
- Practice and demonstrate emergency safety skills
- Explain historical and cultural components of long course swimming

Course Content

- Advanced swimming techniques
 - Stroke instruction
 - Freestyle pulling
 - Backstroke pulling
 - Breaststroke pulling
 - Butterfly pulling
 - Breaststroke kicking
 - Butterfly kicking
- Aerobic training techniques

- Intensity
 - Duration
 - Frequency
 - Fartlek training
 - Interval training
 - Distance training
- Benefits of an aerobic swimming program
 - Muscular strength, endurance, flexibility
 - Cardiovascular fitness
 - Body composition development
 - Signs and symptoms of exercise intolerance
 - Shortness of breath
 - Fatigue
 - Nervousness
 - Reduced coordination
 - Persistent soreness in muscles and joints
 - Safety skills
 - Extensions
 - Sudden immersion skills
 - Rescue breathing (shallow and deep)

Lab Content

- Advanced swimming techniques
- Aerobic training techniques
- Benefits of an aerobic swimming program
- Signs and symptoms of exercise intolerance
- Safety skills

Special Facilities and/or Equipment

- Access to swimming pool.
- 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:

Tests of aquatic proficiency

Physical skills and techniques will be assessed by direct instructor observation

Written final examination

Method(s) of Instruction

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

Lecture

Laboratory

Demonstration

Representative Text(s) and Other Materials

Taormina, Sheila. Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series). 2014.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

- a. Attendance and observation at high school and/or college level swim practice and/or swim meet
- b. Journal entries
- c. Reading instructor prepared materials and completing assigned writing assignments

Discipline(s)

Physical Education