GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

EXERCISE SCIENCE 043C – ADVANCED SWIMMING

1. Course Number Course Title Semester Units

ES 043C Advanced Swimming 1

Semester Hours

1 hour lecture:  16-18 hours 32-36 outside-of-class hours

1 hour laboratory: 16-18 hours  64-72 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

A “C” grade or higher or “Pass” in ES 043B or equivalent or specified skill competencies.

3. Catalog Description

This course is a continuation of ES 043 B with instruction focusing on advanced swimming strokes and skills. Strokes and skills to be covered include front crawl with rotational breathing, backstroke, backstroke, sidestroke, breaststroke, 50-meter lap swim, treading water, flip turns, and competitive dive entering. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The student will:

a. Demonstrate skill mastery of all swimming strokes and skill related techniques (treading water, flip turns, and diving entry).

b. Evaluate the merits of swimming as a contributing factor to physical fitness.

c. Analyze and select the most appropriate stroke for development of cardiovascular endurance.

d. Demonstrate knowledge of the principles of physical fitness as well as healthy life-style choices and evaluate their impact on an individual's health and well- being.

**e.** Discuss and employ attitudes concerning the positive relationship between lifelong physical fitness and disease prevention and overall health.

5. Instructional Facilities

1. Swimming Pool
2. Locker room and shower facilities
3. Diving boards.
4. Kick boards.
5. Pull buoys.
6. Fins and hand paddles.

6. Special Materials Required of Student

a. Appropriate swimsuit for lap/competitive swimming.

b. Towel, goggles, and swim cap

7. Course Content

1. Aquatic pool environment safety.
2. Proper use of training equipment (pool buoy, paddle board, hand paddles, and fins)

c. Aquatic safety methods including buoyancy and body position, treading water, propulsion and coordinated stroking.

d. Competitive diving entry techniques.

e. Advanced level swim strokes (front crawl, backstroke, butterfly, and breaststroke) and turns.

f. Principles of physical fitness, conditioning, nutrition, body composition, exercise safety and other factors critical to a healthy lifestyle.

8. Method of Instruction

a. Group and individual lecture

b. Visual and online instructional materials (DVD, video, fitness apps and software, and Canvas)

c. Student demonstration and performance

d. Instructor-led demonstration and activities

e. One-on-one instruction and consultation

f. Physiological assessments and monitoring

9. Methods of Evaluating Student Performance

a. Daily observation of skill acquisition.

b. Practical final exam (swimming related biomechanical skills)

c. Class participation (i.e., participation logs)

d. Written final exam (knowledge and Core Curriculum Concepts)

e Pre and post fitness assessment~~s~~

1. Muscle strength (i.e., resistance training machine, barbells, and dumbbells)
2. Muscle endurance (i.e., push-ups, plank, and sit-ups)
3. Flexibility (i.e., back saver sits and reach)
4. Body Composition (i.e., bioelectrical impedance, skinfold calipers, girth measurements)
5. Health Measurements (i.e., resting heart rate, resting blood pressure, height/weight)

10. Outside Class Assignments

a. Performat least one additional day of prescribed exercises to meet minimum frequency standards needed to improve muscle strength, muscle endurance, and flexibility.

b. Weekly reading assignments and/or practicing related exercises theories and techniques of swimming for Cardiovascular fitness.

c. Core Curriculum Booklet assignments (i.e., Components of Physical Fitness core booklet review questions, location of muscles and healthy lifestyles).

11. Representative Texts

a. Representative Text(s):

Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th Edition, 2017.

1. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate knowledge, skills, and appreciation of swimming at the advanced level.
  2. Identify the basic principles for maintaining an active and healthy life.