

## LANEY COLLEGE COURSE OUTLINE

<b>COLLEGE:</b>		<b>STATE APPROVAL DATE:</b>	05/12/2018
<b>ORIGINATOR:</b>	Elizabeth Flynn	<b>STATE CONTROL NUMBER:</b>	CCC00059 3433
		<b>BOARD OF TRUSTEES APPROVAL DATE:</b>	05/08/2018
		<b>CURRICULUM COMMITTEE APPROVAL DATE:</b>	03/02/2018
		<b>CURRENT EFFECTIVE DATE:</b>	08/01/2018

### DIVISION/DEPARTMENT:

#### 1. REQUESTED CREDIT CLASSIFICATION:

Credit - Degree Applicable  
Course is not a basic skills course.  
Stand-alone

#### 2. DEPT/COURSE NO:

SPFT 009

#### 3. COURSE TITLE:

Swimming Conditioning

#### 4. COURSE: Laney New Course

**TOP NO.** 0835.00

#### 5. UNITS: 1.000

**HRS/WK LEC:**

**HRS/WK LAB:** 4.00 Total: 70.00

**HRS/WK TBA:**

#### 6. NO. OF TIMES OFFERED AS SELETED TOPIC:      AVERAGE ENROLLMENT:

#### 7. JUSTIFICATION FOR COURSE:

Providing a 1 unit swimming and conditioning course to accommodate students in the AA-T Kinesiology degree.

#### 8. COURSE/CATALOG DESCRIPTION

Activity class: Application of competitive swim training techniques, increase cardio-respiratory endurance, muscular strength, and muscular endurance.

#### 9. OTHER CATALOG INFORMATION

a. Modular: No    If yes, how many modules:

b. Open entry/open exit: No

c. Grading Policy: Both Letter Grade or Pass/No Pass

d. Eligible for credit by Exam: No

e. Repeatable according to state guidelines: No

f. Required for degree/certificate (specify):

Associate In Arts Degree In Kinesiology For Transfer, Associate In Arts Degree In Kinesiology For Transfer

g. Meets GE/Transfer requirements (specify):

acceptable to CSU and UC

h. C-ID Number: Expiration Date:

i. Are there prerequisites/corequisites/recommended preparation for this course? No

#### 10. LIST STUDENT PERFORMANCE OBJECTIVES (EXIT SKILLS): (Objectives must define the exit skills required of students and include criteria identified in Items 12, 14, and 15 - critical thinking, essay writing, problem solving, written/verbal communications, computational skills, working with others, workplace needs, SCANS competencies, all aspects of the industry, etc.)(See SCANS/All Aspects of Industry Worksheet.)

Students will be able to:

1. complete 45 minutes of continuous swimming.
2. create a 45 minute workout session.
3. demonstrate proper stretching technique

**11A. COURSE CONTENT:** List major topics to be covered. This section must be more than listing chapter headings from a textbook. Outline the course content, including essential topics, major subdivisions, and supporting details. It should include enough information so that a faculty member from any institution will have a clear understanding of the material taught in the course and the approximate length of time devoted to each. There should be congruence among the catalog description, lecture and/or lab content, student performance objectives, and the student learning outcomes. List percent of time spent on each topic; ensure percentages total 100%.

**LECTURE CONTENT:**

NA lab only course

**11B. LAB CONTENT:**

1. Testing for Swimming Fitness 5%
  - pre and post test
2. Building Endurance 35%
  - muscular and cardiovascular endurance
3. Developing Speed/Explosive Power 35%
  - drill work
4. Enhancing Flexibility for improved technique 20%
  - stretching and drill work
5. Creating a Strength and Conditioning Program 5%

**12. METHODS OF INSTRUCTION** (List methods used to present course content.)

1. Discussion
2. Individualized Instruction
3. Lab
4. Multimedia Content
5. Observation and Demonstration
6. Activity
7. Critique

**13. ASSIGNMENTS:** 0.00 hours/week (List all assignments, including library assignments. Requires two (2) hours of independent work outside of class for each unit/weekly lecture hour. Outside assignments are not required for lab-only courses, although they can be given.)

Out-of-class Assignments:

Create a 45 minute swimming workout with a fitness goal in mind.

ASSIGNMENTS ARE: (See definition of college level):

Primarily College Level

**14. STUDENT ASSESSMENT:** (Grades are based on):

ESSAY (Includes "blue book" exams and any written assignment of sufficient length and complexity to require students to select and organize ideas, to explain and support the ideas, and to demonstrate critical thinking skills.)

SKILL DEMONSTRATION

**15. TEXTS, READINGS, AND MATERIALS**

A. Textbooks:

Online content including handouts, web links and informational videos.

\*Date is required: Transfer institutions require current publication date(s) within 5 years of outline addition/update.

B. Additional Resources:

Library/LRC Materials and Services:

The instructor, in consultation with a librarian, has reviewed the materials and services of the College Library/LRC in the subject areas related to the proposed new course

Are print materials adequate? Yes

Are nonprint materials adequate? Yes

Are electronic/online resources available? Yes

Are services adequate? Yes

Specific materials and/or services needed have been identified and discussed. Librarian comments: Please provide a list of recent, recommended supplementary (non-textbook) titles to the acquisitions librarian.

C. Readings listed in A and B above are: (See definition of college level):

Primarily college level

16. **DESIGNATE OCCUPATIONAL CODE:**

E - Non-Occupational

17. **LEVEL BELOW TRANSFER:**

Y = Not Applicable

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**SUPPLEMENTAL PAGE**

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Use only if additional space is needed. (Type the item number which is to be continued, followed by "continued." Show the page number in the blank at the bottom of the page. If the item being continued is on page 2 of the outline, the first supplemental page will be "2a." If additional supplemental pages are required for page 2, they are to be numbered as 2b, 2c, etc.)

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**STUDENT LEARNING OUTCOMES**

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1. **Outcome:** Apply swim training methods and principles to the development of a workout.  
**Assessment:** Students will create a 45 minute workout session tailored towards a specific goal.
2. **Outcome:** Apply proper swimming techniques during drill work for enhanced speed and endurance.  
**Assessment:** Students will be assessed through observation with rubrics.
3. **Outcome:** Students will improve flexibility, muscular endurance, and cardiovascular endurance.  
**Assessment:** Will be measured with fitness tests in the beginning and end of the semester.

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