SYLLABUS

DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Intermediate Swimming

COURSE NUMBER: EXSC0133

CREDIT HOURS: 1

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITE(S): Completion of EXSC0132, Beginning Swimming, or current Red Cross beginning swimming certification.

REQUIRED TEXT AND MATERIALS:
Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION:

This course is designed for students to review the crawl and breaststroke and improve them to competitive levels. In addition, students will learn the butterfly, backstroke and competitive turns.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.
COURSE OUTLINE:

I. Improving the Crawl Stroke
   A. Kicking
   B. Stroking
   C. Breathing
   D. Open Crawl Turn
   E. Tumble Turn
   F. Drills
II. Improving the Back Crawl
    A. Kick
    B. Armstroke
    C. Coordinating Back Crawl Stroke
    D. Open Backstroke Turn
    E. Backstroke Tumble Turn
    F. Drills
III. Dolphin Kick
     A. Preparation Phase
     B. Execution Phase
     C. Follow-through Phase
     D. Drills
IV. Butterfly Stroke
    A. Arm Pull
    B. Kick
    C. Coordinating Butterfly Stroke
    D. Turns
    E. Drills
V. Improving Breaststroke
   A. Pull
   B. Kick
   C. Coordination for Competition
   D. Conventional Turns
   E. Alternative Turns for Competition
   F. Drills
VI. Improving the Sidestroke
    A. Developing Strength
    B. Scissors Kick
    C. Arm Pull
    D. Drills
VII. Trudgen Strokes
     A. Preparation Phase
     B. Execution Phase
     C. Follow-through Phase
     D. Drills
VIII. Surface Dives
      A. Pike
B. Tuck
C. Feet first
D. Drills

IX. Underwater Swimming
A. Safety
B. Underwater Glide
C. Stroke Coordination
D. Drills

X. Sculling
A. Preparation
B. Execution
C. Follow-through Phase
D. Universal Sculling Drills

EXPECTED LEARNER OUTCOMES:

A. The student will be able to demonstrate improvement in the crawl and back crawl stroke.
B. The student will be able to demonstrate dolphin kick skills, butterfly and turn skills.
C. The student will be able to demonstrate improvement in breaststroke and sidestroke.
D. The student will be able to demonstrate trudgen stroke techniques and surface dives.
E. The student will be able to demonstrate underwater swimming skills and sculling skills.

COURSE COMPETENCIES:

The student will be able to demonstrate improvement in the crawl and back crawl stroke
1. The student will be able to demonstrate improvement in the kick and arm stroke of the crawl stroke.
2. The student will be able to demonstrate open and tumble turn techniques while performing the crawl stroke.
3. The student will be able to demonstrate improvement in the arm stroke and kick of the back crawl.
4. The student will be able to demonstrate the open and tumble turns while performing the back crawl.

The student will be able to demonstrate dolphin kick skills, butterfly and turn skills.
5. The student will be able to demonstrate the proper techniques in the execution of the dolphin kick.
6. The student will be able to demonstrate the arm pull and kick techniques needed to acquire the butterfly stroke.

The student will be able to demonstrate improvement in breaststroke and sidestroke
7. The student will be able to demonstrate improvement in the pull and kick of the breaststroke.
8. The student will be able to demonstrate the conventional and alternative turns while performing the breaststroke.
9. The student will be able to improve the scissors kick and arm pull stroke of the
sidestroke.

The student will be able to demonstrate trudgen stroke techniques and surface dives.

10. The student will be able to demonstrate the proper techniques in the execution of the trudgen stroke.

11. The student will be able to demonstrate the proper techniques of the pike, tuck and feet first surface dives.

The student will be able to demonstrate underwater swimming skills and sculling skills.

12. The student will be able to discuss the safety factors regarding underwater swimming.

13. The student will be able to demonstrate the underwater glide and arm stroke needed to acquire underwater swimming skills.

14. The student will be able to demonstrate the proper techniques in the execution of universal sculling skills.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

NOTE:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact The Director of Academic Resource Center at: 913-288-7670.