

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Intermediate Swimming
<b>COURSE NUMBER</b>	EXSC-0133
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	1
<b>CONTACT HOURS/WEEK</b>	Class: 1
<b>PREREQUISITES</b>	EXSC-0132, Beginning Swimming <b>OR</b> Current Red Cross Beginning Swimming Certification
<b>COURSE PLACEMENT</b>	None

## 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.

## TEXTBOOKS

<http://kckccbookstore.com/>

## METHODS 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, panels, conferencing, performances, and learning experiences 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

### **COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- 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.

### **ASSESSMENT OF COURSE LEARNING OUTCOMES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

### **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.