

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: ACS 135 Swimming and Diving (Men/Women)

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 175

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

To provide students with the opportunity to develop advanced skills and the strategies in this specific sport which will be applied to competitive situations.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Identify and evaluate individual and team goals.
2. Analyze and perform the techniques of sprinting, middle distance and distance swimming.
3. Compare and contrast the differences in sprinting and long distance swimming.
4. Identify and perform the correct starts and turns needed during competition.
5. Identify, analyze and perform correct diving on the 1-meter Boards (take-off to entry).
6. Know and apply principles of cardiovascular respiratory fitness, muscle strength and endurance to training sessions.
7. Analyze, identify and apply principles of mental and emotional preparation based on commitment to the swim program and the College.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. The NCAA Rules for Swimming and Diving Competition.
- II. Knowledge of appropriate order of events for dual, relay and championship meets.
- III. Specific Techniques to Work On
 - A. Sprint starts and turns.
 - B. Flip turns for both back crawl and freestyle.
 - C. Open turns for breaststroke and butterfly.
 - D. Breathing strategies for sprint race or middle distance racing.
 - E. Relay takeoffs and starting procedures.

- IV. Method of Conditioning - Individual Workouts
 - A. Distance and strength workouts (pre-season).
 - B. Interval training (mid-season).
 - C. Taper workouts, 10 days prior to championship.
 - D. Individual and Team Efforts
 - 1. Swimming in events that will benefit team score - working as a unit.
 - 2. Learning how each top individual effort makes the team stronger.
 - 3. Giving each other words of encouragement while working on own performance goals as an individual.

- VI. Divers Techniques
 - A. Strength and flexibility.
 - B. Approach/takeoff.
 - C. Execution of dive.

REQUIRED READING:

1. NCAA Rule Guide. (handout)
2. Time Standard. (handout)
3. Order of Events. (handout)

SUGGESTED READING:

1. Swim World.
2. Maglischo, Ernest W., Swimming Faster. Mayfield Publishing Company. Palo Alto, CA, 1982.
3. Maglischo, Ernest W., Swimming Even Faster. Mayfield Publishing Company. Palo Alto, CA, 1990.

REQUIRED WRITING:

Skills demonstration in four styles of swimming, starts and turns. If involved in diving, eleven types of dives on two boards are more appropriate.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Attend dual swim meets and a championship final. Work with trainer if necessary, for prevention and rehabilitation of injuries.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials)

through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 60% - participation at practices and matches.
- 20% - improvements of strokes and strategies.
- 20% - accomplishing goals and objectives.

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

55761-55763, 58161 and 58161 (C)

CONTACT PERSON: Jem McAdams, extension 2136

SIGNATURES:

SIGNATURES ON FILE

*I certify that this course meets all the minimum requirements for A.A. degree applicable courses.

Course outlines of record should be reviewed regularly and revised as necessary.

NOTE: Some revisions to course outlines of record require Curriculum Committee approval, others may not. Please consult your dean or the Instruction Office if you need assistance.