Course Title: Swimming

Course #: 1960

Course Description: This course is designed to enable students to progress from basic swimming skills to advanced skills that will allow the students to swim freestyle stroke 25 yards consecutively. The students will learn proper body positioning, breathing, kicking and arm stroking techniques. Students will learn and observe all water safety and pool rules. Students will learn personal safety skills for beginner swimmers.

UC/CSU Approval:

Grade Level: 10-12

Estimated Homework Per Week: 0-1 hour

Prerequisite: Students swim 100 yards continuously and exhibit a positive swimming attitude.

Recommended Prerequisite Skills: Freestyle/Breaststroke/Backstroke

Course Grading:
Students receive 4 points daily based on the following standards....

4 Points :
● Engaged in designed workout throughout entire period. *(All drills completed)*
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.

3 Points :
● Engaged in designed workout throughout most of the class period. *(3/4’s of drills completed)*
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.

2 Points :
• Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
• Works with below average efficiency to obtain peak physical conditioning.
• Demonstrates proper technique rarely.
• Demonstrates proper safety rarely.

1 Point :
• Rarely engaged in designed workout during the class period. (1/4 drill completed)
• Works with poor efficiency to obtain peak physical conditioning.
• Demonstrates proper technique hardly ever.
• Demonstrates proper safety hardly ever.

**Major Assessments/Units/Topics:**
1. Goal Setting - Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy - Students will identify major muscles involved with swimming.
3. Exercise and Muscle identification - Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for students- Students will explore basic exercise nutrition as it relates to class movements
5. Fitness - FITT
   a. Frequency (how often)
   b. Intensity. Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time 30-60 minutes per class
   d. Type – Muscular strength, muscular endurance, flexibility, and balance.