

**EL CAMINO COLLEGE
COURSE OUTLINE OF RECORD**

I. COURSE DESCRIPTION

Course Title and Number :	Physical Education- Intercollegiate Athletics 58abc (Official)
Descriptive Title :	Off Season Training for Men's Intercollegiate Swimming Team
Discipline :	Physical Education/Coaching
Division :	Health Sciences and Athletics
Course Length :	<input checked="" type="checkbox"/> Full Term <input type="checkbox"/> Other (specify:)
Hours Lecture :	0
Hours Laboratory :	2
Course Units :	1
Grading Method :	<input checked="" type="checkbox"/> Letter <input type="checkbox"/> Pass/No Pass <input type="checkbox"/> Both <input type="checkbox"/> No Grade
Course Type :	<input checked="" type="checkbox"/> Credit, Degree Applicable <input type="checkbox"/> Credit, Not Degree Applicable <input type="checkbox"/> Non-Credit
Transfer CSU :	<input checked="" type="checkbox"/> Yes (Effective Date: prior to July 1992) <input type="checkbox"/> No
Transfer UC :	<input checked="" type="checkbox"/> Yes (Approval Date: Spring 1994) <input type="checkbox"/> Pending <input type="checkbox"/> No
Conditions of Enrollment:	Specify Prerequisite, Corequisite, Recommended Preparation, Enrollment Limitation, or None.
	Enrollment Limitation: Tryout (high school experience or equivalent skill)
Catalog Description :	This course provides student's conditioning specific to competitive swim training. Students will engage in skill development and swim conditioning as well as resistance training specific to swimming.
	Note: This course is offered in the fall semester and summer session only.

II. COURSE OBJECTIVES

List the major objectives of the course. These must be stated in behaviorally measurable terms.

1. Examine effective swim techniques.
2. Select resistance training methods specific to off-season conditioning.
3. Design appropriate training progressions for competitive swim strokes.

III. OUTLINE OF SUBJECT MATTER

The topics should be detailed enough to enable an instructor to determine the major areas that should be covered and so that the course may have consistency from instructor to instructor and semester to semester.

Approximate Time in Hours	Major Topics
2	I. Introduction to the off-season training course
2	II. Skill testing for compatible group training
16	III. Skill Development A. Freestyle B. Backstroke C. Butterfly D. Breaststroke
16	IV. Swim Conditioning A. All Strokes B. Resistance training
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36	TOTAL HOURS

IV. METHODS OF EVALUATION**A. CREDIT, DEGREE APPLICABLE AND CREDIT, NOT DEGREE APPLICABLE COURSES**

Check the PRIMARY method of evaluation for this course.

- Substantial writing assignments
- Problem solving demonstrations (computational or non-computational)
- Skill demonstrations

A minimum of one response in 1, 2, or 3 below, as applicable, is required. However, you may check all that apply.

1. Indicate the types of writing assignments used as primary or secondary methods of evaluation for this course.

- Essay exams
- Written homework
- Term or other papers
- Reading reports
- Laboratory reports
- Other (specify)

2. Indicate the types of problem-solving demonstrations used as primary or secondary methods of evaluation for this course.

- Exams
- Laboratory reports
- Quizzes
- Homework problems
- Fieldwork
- Other (specify)

3. Indicate the types of skill demonstrations used as primary or secondary methods of evaluation for this course.

- Class performance
- Performance exams
- Fieldwork
- Other (specify)

4. If objective exams are also used, check all that apply.

- Multiple choice
- Completion
- Matching items
- True/false
- Other (specify)

B. NON-CREDIT COURSE

Indicate the methods of evaluation that will be used to determine that the stated objectives have been met.

V. COURSEWORK**A. TYPICAL ASSIGNMENT**

Provide an example of a typical assignment. This assignment must correspond to the PRIMARY method of evaluation indicated in Section IV, Methods of Evaluation. That is, it must be a writing assignment or, if more appropriate, an assignment involving problem solving or skill demonstration.

Demonstrate drills to improve stroke efficiency.

B. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS

Cite two specific assignments that demonstrate college-level critical thinking. (Required for degree applicable courses only.)

1. Formulate a progressive resistance training program for off-season training.
2. Evaluate swim conditioning time trial results.

C. WORK OUTSIDE OF CLASS

Two hours of work outside of class are required for each hour of lecture or equivalent. Each student in this course will be required to participate in the following work outside of class time. Check all that apply.

- Study
- Answer questions
- Skill practice
- Required reading
- Problem solving activity
- Written work (such as essay/composition/report/analysis/research)
- Journal (done on a continuing basis throughout the semester)
- Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting)
- Course is lab only - minimum required hours satisfied by scheduled lab time
- Other (specify)

VI. INSTRUCTIONAL METHODOLOGY

Check all planned instructional activities that apply:

- Lecture
- Lab
- Discussion
- Multimedia presentations
- Demonstration
- Group activities
- Role play/simulation
- Guest speakers
- Field trips
- Other (specify)
 - Videotape analysis of stroke mechanics
 - Skill demonstrations of competitive racing strokes

NOTE: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instructional delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VII. TEXTS AND MATERIALS

If multiple selection is offered, only representative texts need be listed. An up-to-date list of required and recommended materials is maintained in the division office.

A. REQUIRED TEXTS (title, author, publisher, year)

No text required

B. REQUIRED SUPPLEMENTARY READINGS**C. OTHER REQUIRED MATERIALS**

VIII. CONDITIONS OF ENROLLMENT

If this course has a prerequisite or corequisite, complete section A. If this course has an Enrollment Limitation, complete section B.

A. PREREQUISITE AND/OR COREQUISITE

1. Indicate if this course has a prerequisite, corequisite, both, or none.

- Prerequisite
 Corequisite

2. Indicate Type. Check all that apply.

- Sequential
 Computational/Communication Skills
 Health and Safety
 Non-Course
 Standard (If this is a Standard Prerequisite or Corequisite, attach CCC Form D.)

3. Entrance Skills/Knowledge

List the required skills and/or knowledge without which a student would be highly unlikely to receive a grade of A, B, C, or Credit (or for Health and Safety, would endanger self or others) in this course.

B. ENROLLMENT LIMITATION

1. Indicate the category which describes the Enrollment Limitation for this course.

- Band/Orchestra
 Theater
 Speech
 Chorus
 Journalism
 Dance
 Intercollegiate Athletics
 Honors Course
 Blocks of Courses
 Other (specify)

2. List Degree and/or Certificate requirements that are met by this course.

Section A.5. of the Associate of Arts and Associate of Science

3. List all El Camino College courses that also satisfy the requirements listed above in section B.2.

All degree applicable Physical Education courses

Administration of Justice 180

All degree applicable Dance courses with the exception of Dance 1, 5, and 99abc

Originator: Corey Stanbury Submittal Date: Fall 1989

BOARD APPROVAL DATE: 2-12-90

Reviewed and/or Revised by:

Corey Stanbury and Traci Granger Date: Spring 2003

Corey Stanbury Date: July 1, 2009

Date:

