GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

EXERCISE SCIENCE 039 – SWIMMING FOR NON-SWIMMERS

1. Course Number Course Title Semester Units

ES 039 Swimming for Non-swimmers 1

Semester Hours

1 hour lecture: 16-18 hours 32-36 outside-of-class hours

1 hour laboratory: 16-18 hours  64-72 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

This class is for students who have a fear of the water and cannot swim or who are so deficient in basic aquatic skills that they would be unsafe in and around water. This class will aid students to become comfortable and safe in an aquatic environment. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The student will:

a. Develop basic water safety skills.

b. Model a reasonable level of comfort in the water.

c. Illustrate proficiency in basic swimming techniques.

d. Evaluate the merits of swimming as a contributing factor to physical fitness.

e. Demonstrate knowledge of the principles of physical fitness as well as healthy life-style choices and evaluate their impact on an individual's health and well- being.

1. Discuss and employ attitudes concerning the positive relationship between lifelong physical fitness and disease prevention and overall health.

5. Instructional Facilities

a. Swimming pool

b. Kick boards

c. Pull buoys

d. Paddle Boards

6. Special Materials Required of Student

a. Swim suit.

b. Towel.

c. Goggles (optional).

d. Bathing cap (optional).

7. Course Content

a. Overcoming fear of being in the water.

b. Values of water safety.

c. Survival floating.

d. Treading water.

e. Basic swimming techniques and movements in the water.

f. Parameters of physical fitness as well as healthy lifestyle choices and their implications to life-long health and well-being.

8. Method of Instruction

a. Individual and group lecture, demonstration, and practice

b. Visual instructional materials

9. Methods of Evaluating Student Performance

a. Class participation for beginning level water safety (postures and forms) and breathing techniques.

b. Practical testing on various water safety drill progression, strokes and breathing techniques.

c. Written final exam (knowledge and Core Curriculum Concepts)

d. Evaluation of outside class assignments utilizing Core Curriculum Booklet assignments (i.e., Components of Physical Fitness and Healthy lifestyles).

1. Pre and post fitness assessment~~s~~
2. Muscle strength (i.e., resistance training machine, barbells, and dumbbells)
3. Muscle endurance (i.e., push-ups, plank, and sit-ups)
4. Flexibility (i.e., back saver sits and reach)
5. Body Composition (i.e., bioelectrical impedance, skinfold calipers, girth measurements)
6. Health Measurements (i.e., resting heart rate, resting blood pressure, height/weight)

10. Outside Class Assignments

1. Performat least one additional day of prescribed exercises to meet minimum frequency standards needed to improve muscle strength, muscle endurance, and flexibility.
2. Weekly assignments (i.e., reading, discussion forum on class concepts, video analysis, self-reflection)
3. Assignments based on course text (i.e., healthy eating, risk of heart disease)

11. Representative Texts

a. Representative Text(s):

Exercise Science and Wellness Department. *The Way to a Long and Healthy Life.* El Cajon, CA: Grossmont College, 2017.

b. Supplemental Texts and Workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* 1. Demonstrate knowledge, skills, and appreciation of swimming at the non-swimming level.
  2. Identify the basic principles for maintaining an active and healthy life.