

BERGEN COMMUNITY COLLEGE
Division of Arts, Humanities & Wellness
Wellness Exercise Science Department
Departmental Policy Syllabus

COURSE TITLE:	Swimming for Conditioning (formerly WEX-205)
COURSE CREDITS/HOURS	2 labs; 1 credit
PREREQUISITE:	None
SEMESTER & YEAR:	All
COURSE NUMBER:	WEX-115

COURSE DESCRIPTION:

Swimming for Conditioning is an application of the theories explored in WEX-101. The course is designed to effect changes in cardiovascular endurance, muscular strength and flexibility. Students must have good swimming ability.

OUTCOMES STATEMENT:

The student shall demonstrate personal behavior that engages physical activity to the extent that creation and maintenance of optimal fitness levels can contribute to lifelong well-being.

STUDENT LEARNING OBJECTIVES

- A. To create increased skill in selected swimming strokes: front crawl, backstroke, breaststroke, side stroke, and optional, butterfly stroke.
- B. To analyze swimming as an exercise mode relative to aerobic and anaerobic components.
- C. To define the benefits that swimming can provide to health/fitness status: cardiorespiratory endurance, flexibility and weight management. To create improvement in swimming endurance.
- D. To create a swimming, exercise, program using sufficient frequency, intensity, and duration applications to create health benefits.

ASSESSMENT CRITERIA

- A. To physically perform the front crawl, back crawl, breaststroke, and side stroke for a minimum of 25 yards demonstrating proper technique in stroke mechanics.
- B. Demonstrate in writing the characteristics of aerobic and anaerobic exercise specifically related to swimming.
- C. List and briefly describe the benefits of swimming to respiratory health.
- D. To physically perform non-stop swimming for a minimum of 30 minutes and a maximum of 60 minutes using a variety of strokes.
- E. Develop in writing a swimming workout using the variables of: frequency, intensity, and duration and include stages of: warm-up, cool-down and stretching phases.

CONTENT OUTLINE

- A. Course Orientation
 - 1. Procedures and requirements
 - 2. Facilities available
 - 3. Departmental offerings
- B. The training process

1. Benefits and advantages of swimming
 2. Exercise variables – intensity, frequency, duration
 3. Aerobic interval training
 4. Constructing a workout
- C. Skill Work
1. Skill mechanics – crawlstroke, backstroke, breaststroke, sidestroke, butterfly stroke.
 2. Stroke work – all strokes
 - a. Body position
 - b. Arms – recovery & propulsion
 - c. Kick – timing & execution
 - d. Breakdown skills
- D. Use of equipment
1. Hand paddles
 2. Swim fins; mono fins
 3. Pace clock
 4. Tether cords
 5. Drag suits
- E. Minor annoyances
1. Eyes – goggles
 2. Ears
 3. Soreness – shoulders, knees

PROCEDURES, METHODS AND TECHNIQUES

- A. Class presentation and discussion
- B. Class participation
- C. Media utilization – AV material
- D. Demonstration of technique; drills
- E. Use of training equipment

WRITING REQUIREMENTS

Students will be assigned out-of-class writing projects during the course of the semester (journals, self-assessments, research papers, book reviews, experiential extra credit, etc.). The number of assignments and their content will be exclusive of writing essays required on examinations.

GRADING POLICY

A final grade for the course is based on the student's performance on the required work for the course (writing assignments, examinations, quizzes, class presentations, attendance, etc.) and on the mastery of the material covered in the course. A student's participation may also be evaluated and used in the determination of a final grade.

ATTENDANCE POLICY

Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for to be aware of information included in the catalog and student handbook regarding conduct, academic integrity, appropriate use of technology, etc.

ACADEMIC & STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

TEXTBOOKS

Katz, Jane. Swimming for Total Fitness, New York, Doubleday & co. 1981.

Maglisho, EW and Brennan, CE. Swim for the Health of It. St. Mayfield Publishers, 1992.

PROPOSED COURSE CALENDAR

Readings Appropriate to Class Activity

Week 1	Orientation; review of class procedures; Swimming evaluation; Pool etiquette
Week 2	In water stroke work – sculling as propulsion; Discussion of exercise variables – intensity, frequency, duration
Week 3	Stroke work – crawl stroke mechanics; drills; Application of heart rate; Resting during; workout; Application of heart rate, rating of perceived exertion
Week 4	Stroke work – back crawl stroke mechanics; drills; workout; Discussion of energy expenditure during swimming
Week 5	Stroke work – breaststroke stroke mechanics; drills; workout; Discussion of Nutrition principles applied to swimming
Week 6	Stroke work – butterfly stroke mechanics; drills; workout; Constructing a workout
Week 7	Stroke work – sidestroke; drills; workout; Strength work applied to swimming.
Week 8	Stroke work – pacing ; target heart rate; drills;

workout; Flexibility and swimming

Week 9 Stroke work – use of pull buoys, kickboards, fins on workouts

Week 10 Interval training – principles and application; workout

Week 11 Steady rate exercise – principles and application; workout

Week 12 Swimming aches and pains – discussion; workout

Week 13 Swimming: benefits to health; workout

Week 14 Swimming program design; workout

Week 15 Evaluation methods; summative comments

Course sequence and content are subject to change without notice as emphasis on course content may vary.

Revised June 2014