I. **OVERVIEW**

   The following information will appear in the 2010 - 2011 catalog

**PEVM 125 Men's Varsity Swimming and Diving**  
3 Units

**Recommended for Success:** Before enrolling in this course, students are strongly advised to satisfactorily complete PEC 170 and satisfactorily complete PEC 195.

Instruction, training, and competition in intercollegiate swimming and diving.

Four Maximum completions.  
Field trips are not required.  
(A-F Only) /Lab  
Transfer: (CSU, UC) **General Education:** (MJC-GE: Activities )

II. **LEARNING CONTEXT**

   Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. **COURSE CONTENT**

1. **Required Content:**

2. **Required Lab Content:**

   a. Swimming technique and theory of intercollegiate swimming and diving
      
      i. **Butterfly**
      
      ii. **Breaststroke**
      
      iii. **Backstroke**
      
      iv. **Freestyle**
      
      v. **Base endurance**
      
      vi. **T-30 swim**
      
      vii. **Taper**
      
      viii. **Stretching and strengthening exercises**

   b. **Position of dives**
      
      i. **Straight**
      
      ii. **Pike**
      
      iii. **Tuck**
      
      iv. **Free**
      
      v. **Twists**
vi. Somersaults

c. Dives
   i. Forward
   ii. Back
   iii. Reverse
   iv. Inward
   v. Arm stand

d. Description of diving
   i. Starting position
   ii. Approach and takeoff
   iii. Flight
   iv. Entry

e. Intercollegiate competition
   i. Dual meets
   ii. Tri meets
   iii. Invitational
   iv. Conference Championships
   v. State Championships

f. Stroke improvement

g. Starting skills

h. Turns and finishing skills

i. Diving scoring procedure

B. ENROLLMENT RESTRICTIONS

   1. Advisories

      Before enrolling in this course, students are strongly advised to satisfactorily complete PEC 170 and satisfactorily complete PEC 195.

C. HOURS AND UNITS

<table>
<thead>
<tr>
<th>INST METHOD</th>
<th>TERM HOURS</th>
<th>UNITS</th>
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<tr>
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<td>0</td>
</tr>
<tr>
<td>Lab</td>
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<td>3.33</td>
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D. METHODS OF INSTRUCTION (TYPICAL)
Instructors of the course might conduct the course using the following method:

1. Lecture
2. Demonstration/description of skills
3. Participation within class by the student
4. Group interaction within class among students/teacher

E. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
   Time spent on coursework in addition to hours of instruction (lecture hours)
   Lab only - no outside hours required

2. EVIDENCE OF CRITICAL THINKING
   Assignments require the appropriate level of critical thinking
   a. Written appraisal of performance of acquired skills, strategies, and rules.
   b. Stroke analysis for performance.

F. TEXTS AND OTHER READINGS (TYPICAL)

   1. Other: no text required

III. DESIRED LEARNING

A. COURSE GOAL
   As a result of satisfactory completion of this course, the student should be prepared to:

   analyze and perform the techniques and skills required to successfully compete at the intercollegiate level of swimming and diving and demonstrate an understanding of the rules and regulations of the sport.

B. STUDENT LEARNING GOALS
   Mastery of the following learning goals will enable the student to achieve the overall course goal.

   1. Required Learning Goals
      Upon satisfactory completion of this course, the student will be able to:

   2. Lab Learning Goals
      Upon satisfactory completion of the lab portion of this course, the student will be able to:
      a. Evaluate theories and key skills necessary to perform each swim stroke.
      b. Evaluate each position of the various dives.
      c. Analyze and demonstrate proper dive techniques.
      d. Successfully compete in an intercollegiate competition.
      e. Analyze and demonstrate advanced swimming skills necessary to compete at the intercollegiate level.
IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
   1. Assessments of rules of the sport
   2. Participation of advanced stroke work
   3. Evaluation of explanations of each stroke with applicable rules
   4. Periodic skills test

B. SUMMATIVE ASSESSMENT
   1. Evaluation of demonstration of each of the four main swim strokes
   2. Evaluation of demonstration of the proper start and relay start
   3. Evaluation of demonstration of the Compulsory dives and Optional dives