Modesto Junior College
Course Outline of Record
PEVW 125

I. OVERVIEW
The following information will appear in the 2011 - 2012 catalog

PEVW 125 Women's Varsity Swimming and Diving 3 Units

Instruction, training, and intercollegiate competition in 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
      i. Butterfly
      ii. Breaststroke
      iii. Backstroke
      iv. Freestyle

   b. Training Energy Systems
      i. Base endurance
      ii. T-30 swim
      iii. Taper
      iv. Stretching and strengthening exercises

   c. Diving technique and theory of intercollegiate Diving

   d. Position of dives
      i. Straight
      ii. Pike
      iii. Tuck
      iv. Free
B. **HOURS AND UNITS**

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C. **METHODS OF INSTRUCTION (TYPICAL)**

Instructors of the course might conduct the course using the following method:

1. Lecture
2. Instructor demonstration of skills
3. Instructor led group work

D. **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 of class hours required.

2. **EVIDENCE OF CRITICAL THINKING**

   Assignments require the appropriate level of critical thinking

   b. Training technique analysis/synthesis for performance.

E. **TEXTS AND OTHER READINGS (TYPICAL)**

1. Other: Swimming rule book for COA.

III. **DESIRED LEARNING**

A. **COURSE GOAL**

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

- compete at a high level while utilizing up to date techniques of training in competitive swimming and diving.

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. Explain theories and key skills to perform each swim stroke.

b. Demonstrate the proper start and relay start.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT

1. Assessments of rules of the sport
2. Participation of advanced stroke work
3. Explain each stroke with rules
4. Periodic skills test

B. SUMMATIVE ASSESSMENT

1. Demonstrate each of the four main swim strokes
2. Demonstrate the proper start and relay start
3. Demonstrate the Compulsory dives and Optional dives