**COLLIN COLLEGE**

**COURSE SYLLABUS**

Course Information

**Course Number:** KINE 1137

**Course Title:** Swimming Conditioning

**Course Description:** Fitness level is improved through swimming strokes and water exercises. Different swimming programs enhance muscular strength, endurance and cardiovascular fitness.

*Note: A student may receive up to 4 credit hours of any combination of KINE course numbers in the 1100-1148 range; however, the same course cannot be taken more than twice.*

**Course Credit Hours:** 1

Lab Hours: 3

**Prerequisite:** Consent of Instructor

**Student Learning Outcomes:** Upon successful completion of this course, students will:

1. Demonstrate improved levels of physical fitness for the five components of fitness through different swimming conditioning programs.
2. Monitor weight maintenance/loss/gain through dietary intake through a nutritional analysis, learn how changes in body composition occur, and the role of exercise and proper nutrition in creating a successful and healthy lifestyle.
3. Determine resting and target heart rates, and learn how to monitor working and recovery heart rates during each exercise bout.
4. Demonstrate knowledge of the anatomical muscle structure and function.
5. Demonstrate the ability to implement a swim-conditioning program based on desired outcomes and scientific principles.
6. Demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
7. Demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
8. Communicate and critically define the importance of the relationship between lifetime activities and the quality of life
9. Demonstrate the biomechanics of fundamental movements and skills.
10. Develop the kinesthetic sense in the process of acquiring movement skills.

**Withdrawal Policy:** See the current *Collin Registration Guide* for last day to withdraw.

**Collin College Academic Policies:** See the current *Collin Student Handbook*

**Americans with Disabilities Act Statement:** Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

*Fall 2018 New*