

**RARITAN VALLEY COMMUNITY COLLEGE  
ACADEMIC COURSE OUTLINE**

**FITN 133: Swimming for Fitness**

**I. Basic Course Information**

A. Course Number and Title: FITN 133 – Swimming for Fitness

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2018

**D. Effective Term: Fall 2019**

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 1

G. Weekly Contact Hours:                      Lecture: 0  
  Laboratory: 2  
  Out of class student work per week: 1

H. Prerequisites/Corequisites: None

I. Laboratory Fees: None

J. Name and Telephone Number or E-Mail Address of Department Chair and Divisional Dean at time of approval:

Beryl Stetson, [beryl.stetson@raritanval.edu](mailto:beryl.stetson@raritanval.edu), 908 526-1200 x8208

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**II. Catalog Description**

Students will develop aquatic skill proficiency and an understanding of techniques and principles for use of swimming as a form of fitness training. Students will learn the principles of aerobic training in the water medium, proficiency of several swim strokes, the properties of buoyancy, and aquatic fitness movements appropriate for special populations.

**III. Statement of Course Need**

- A. The course is designed to introduce the student to the importance of swimming as an aerobic exercise for lifelong physical fitness and wellness. This course is an option for students who are interested in physical activities either to create a healthy lifestyle for themselves or to prepare for a career in the field of Fitness and Wellness. The course will be valuable for the student's resume who is interested in adding swimming for fitness to their repertoire of sport skills.
- B. The course is designed primarily as an activity course so most of the work will be practical application of the skills taught in the class.
- C. Please describe the transferability of this course.
  - 1. This course generally transfers as a free elective or as a Fitness/Exercise Science/Physical Education elective.

#### **IV. Place of Course in College Curriculum**

- A. Free Elective
- B. This course meets a program requirement for a fitness & wellness elective in the Associate of Science degree in Exercise Science.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); b) for all other colleges and universities, go to the individual websites.

#### **V. Outline of Course Content**

- A. Swimming for Fitness
  - 1. Understanding aerobic exercise
  - 2. The properties of water and their effect on exercise.
- B. Optional Equipment
- C. Fitness Assessment for Swimming
  - 1. Cardiovascular Fitness
  - 2. Injury Assessment
  - 3. Illnesses
  - 4. Swimming Background
    - a. Related Activities
  - 5. Physical Readiness
    - a. Age
    - b. Height/Weight
    - c. Experience
    - d. Risk Factors
    - e. Smoking
  - 6. Assessing Resting Pulse Rate
  - 7. Special Populations and water exercise
  - 8. Swimming Workout Zones
  - 9. Setting Up Your Personal Swimming Program
  - 10. Charting Your Progress

## **VI. General Education and Course Learning Outcomes**

### **A. General Education Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Design and demonstrate appropriate exercises for the general population and various special populations in the water. (GE- 1)\*

\*embedded critical thinking

### **B. Course Learning Outcomes:**

**At the completion of the course, students will be able to**

1. Design an effective swimming program for the general population and several special populations that promotes physical fitness.
2. Evaluate physical readiness for a swimming program through fitness testing.
3. Explain the fundamentals of efficient swimming.
4. Demonstrate activities that would be appropriate for a proper warm up and cool down.
5. Demonstrate several swimming strokes and drills for improvement of swim stroke.

### **C. Assessment Instruments**

1. Journals
2. demonstrations
3. tests/quizzes

## **VII. Grade Determinants**

- A. Participation in Class Activities
- B. Demonstration of Basic Swimming Skills in a Lab Setting
- C. Written and Practical Exams
- D. Student Journal

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. laboratory
- D. physical activity

## **VIII. Texts and Materials**

- A. Textbook: "Swimming for Life: A Guide to Swimming for Fitness, Health and Enjoyment" by Greenber, G., PublishAMerica, ISBN -10: 1424187168; ISBN-13:978-1424187164
- B. Swim Suit, Towel, Swim Goggles

*(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)*

**IX. Resources**

- A. RVCC Pool
- B. RVCC Fitness Center

**X. Honors Options: n/a**