

Course Outline of Record

1. Course Code: KINE-083
2.
 - a. Long Course Title: Swimming and Running for Triathletes
 - b. Short Course Title: SWIM/RUN TRIATHLON
3.
 - a. Catalog Course Description:
 This course will offer instruction in both swimming and running focused for triathletes. It will cover techniques and biomechanics to improve efficiency and speed. It will include exercise prescription and design to cover the different distances of races such as sprint, olympic and half ironman. The course will improve cardiorespiratory endurance and stamina to enhance overall fitness and competition.
 - b. Class Schedule Course Description:
 The course will focus on biomechanics, techniques and proper exercise prescription of swimming and running for triathletes.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - FITNESS SPECIALIST
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 35 Allow Audit: Yes
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
 - a. Friel, Joe (2009). *The Triathlete's Training Bible* (3rd/e). Boulder, Colorado Velo Press.
 College Level: Yes
 Flesch-Kincaid reading level: 12
 - b. Friel, Joe (2006). *Your First Triathlon* Ingram Pub Services. ISBN: 9781931382854
 College Level: Yes
 Flesch-Kincaid reading level: 12
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

Introduction to the sport of triathlon and various different distances

History of triathlons

Male and Female Role models in triathlon

Safety and equipment for triathlons

Transitions for triathletes

Biomechanics, techniques and breathing in front crawl swimming

Lap swimming etiquette

Open water and ocean swimming

Biomechanics and form for runners

Cardiorespiratory design for various running distances

Interval training

Running surfaces grass, trail, dirt and asphalt

Nutrition for endurance athletes

Benefits of cardiorespiratory system and stamina through specialized triathlon training

Strength training to improve the athlete in triathlons

Lab: *(if the "Lab Hours" is greater than zero this is required)*

Swim workouts to enhance technique, biomechanics and efficiency

Timed swim workouts to measure progress

Structured swim workouts to enhance endurance and speed

Running workouts to enhance technique, biomechanics and efficiency

Structured running workouts to enhance stamina and speed development

Flexibility exercises designed to help with warm-up and cool down for triathletes

Structured strength and core exercises to enhance running and swimming

9. Course Student Learning Outcomes:

1.

Cite the various distances of triathlon competition.

2.

Apply proper technique of frontcrawl swimming.

3.

Identify how the body responds in cardiovascular physiology to running programs.

4.

Identify important equipment, maintenance and safety involved with triathlons.

10. Course Objectives: *Upon completion of this course, students will be able to:*

a. Comprehend the various distances of triathlon competition.

b. Apply proper technique of breathing and biomechanics of front crawl swimming.

c. Develop knowledge of lap swimming.

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- d. Develop knowledge of safety in open water and ocean swimming.
- e. Comprehend transitions in the sport of triathlon.
- f. Apply proper techniques and biomechanics of running.
- g. Comprehend training regimen for various distances of swimming and running.
- h. Identify proper nutrition for endurance athletes.

11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Individualized Study
- e. Laboratory
- f. Lecture
- g. Self-exploration
- h. Technology-based instruction

12. Assignments: (*List samples of specific activities/assignments students are expected to complete both in and outside of class.*)

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

Pre and Post cardiorespiratory fitness testing Pre and Post body fat testing Partner evaluations of running and swimming techniques

b. Out-of-class Assignments

Fitness goal sheets Article critiques Personal evaluations
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13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
 - Personal fitness goalsheets
- Critiques
 - Article critiques as related to triathlons
- Portfolios
 - Individual journal of fitness testing
- Reading reports
- Self-paced testing
- Field/physical activity observations
 - Demonstrate techniques of proper form self evaluation and proper evaluation
- Self/peer assessment and portfolio evaluation
 - Evaluate peers in technique, speed and efficiency in front crawl swimming
- Student participation/contribution
- Student preparation
 - Equipment, water and be organized where and when the various workouts will take place

14. Methods of Evaluating: Additional Assesment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

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Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

It will accompany our courses related in content for our Kinesiology program and will provide additional but new courses for our students to improve their health and knowledge of the subject matter.

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000554183
b. T.O.P. Code [CB03]: 83500.00 - Physical Education
c. Credit Status [CB04]: D - Credit - Degree Applicable
d. Course Transfer Status [CB05]: B = Transfer CSU
e. Basic Skills Status [CB08]: 2N = Not basic skills course
f. Vocational Status [CB09]: Not Occupational
g. Course Classification [CB11]: Y - Credit Course
h. Special Class Status [CB13]: N - Not Special
i. Course CAN Code [CB14]: *N/A*
j. Course Prior to College Level [CB21]: Y = Not Applicable
k. Course Noncredit Category [CB22]: Y - Not Applicable
l. Funding Agency Category [CB23]: Y = Not Applicable
m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): FITNESS SPECIALIST

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 35

Third Year: 35

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

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Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

The Triathlete's Training Bible: By Joe Friel

Your First Triathlon: by Joe Friel

12- week Triathlete: by Tom Holland

28. Originator Wendy Ansley Origination Date 01/06/14