

**Murrieta Valley Unified School District**  
**High School Course Outline**  
**April 2004**

- Department:** Physical Education
- Course Title:** Aquatic Conditioning
- Course Number:** 2795
- Grade Level:** 10-12
- Length of Course:** Semester
- Prerequisite:** Successful completion of PE 9, and intermediate or advanced swimming ability (able to swim 200 yards each stroke, except for butterfly)

**Course Description:** This course may be taken multiple times for credit.

**I. Goals**

The student will:

- A. Demonstrate a working knowledge of conditioning principles
- B. Design and implement different types of progressive swimming workouts to improve the level of personal conditioning
- B. Demonstrate proficiency in all basic strokes (front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke)
- C. Develop an improved level of conditioning as evidenced by heart rate and aerobic capacity

**II. Outline of Content for Major Areas of Study**

- A. Review and perfect swim stroke mechanics
- B. Develop conditioning swim workouts
- C. Implement training techniques
- D. Assess improved aerobic condition

**III. Accountability Determinants**

- A. Daily work assessments
- B. Teacher and self-evaluation of skill progression using rubrics and video analysis
- C. Individual conditioning/training plan

**IV. Required Text**

None

**V. Supplemental Materials**

Kickboards, leg buoys, hand paddles, and bands

Digital video camera, tapes, tripods and editing software

Swimming instruction and training videos