

**San José State University**  
**Kinesiology**  
**Fall 2018, KIN 2A Beginning Swimming**

**Contact Information**

Instructor: Chris May

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Office Hours: Mon. - Thurs. 9:30am-10:20am, or by appointment

Class Meetings & location SPX 180

Section 1 Mon. & Wed. 8:30am-9:20am

Section 2 Mon. & Wed. 11:30am-12:20pm

Section 3 Tues. & Thurs. 8:30am-9:20am

**Link to new syllabi policy:** <http://www.sjsu.edu/senate/docs/S16-9.pdf>

**Course Description**

This course is designed for the non-swimmer and beginning swimmer. It is assumed that all students enrolled in the class have had little or no experience in learning the basic skills of swimming. The course is designed to instruct the student in the basic skills necessary to enable him/her to swim safely in deep water. There are no prerequisites for the course.

<http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

## **Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

Upon successful completion of the course, the student will be able to:

1. perform basic aquatic skills. (included, but not limited to increased comfort level below the water, front float and recovery, back float and recovery, front and back glides)
2. introduction and development of the
  - A elementary backstroke
  - B backstroke
  - C front crawl.
3. an introduction to the physiologic and hydro dynamic principles associated with swimming.
4. incorporate the positive effects of sport through movement, and enjoy the rich socio-cultural diversity at San Jose State University.
  - A. Knowledge of fundamental skills, techniques related to beginning swimming.
  - B. Proficiency in execution of the beginning swimming skills covered.
  - C. An understanding of the history, rules, strategies, current research, safety and etiquette associated with swimming.
  - D. An understanding of the mental and physical health benefits to be derived from swimming, and physical activity.
  - E. An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

## **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

- 1 Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- 2 Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- 3 Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Requirements	Percentage of Grade	SLO	API
Active Participation	30%	1,2	1
Quiz 1	10%	2 A ,2 B	1
Quiz 2	10%	2 C	1, 2
Quiz 3	10%	4 D	1
Swim Practicum	30%	2	1
Final Exam	10%	4 E	3

### Text/Readings

Course information will be emailed to students via mysjsu.

### Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.

## Course Requirements, Assignments, and Grading

Quizzes are multiple choice, and Final is short answer and listing.

### Grading

#### Grading Plan -

**10% Quiz 1**

**10% Quiz 2**

**10% Quiz 3 Benefits of Physical activity related to cognitive & physical domains**

**30% Swim Practicum**

**10% Final Exam**

**30% Active Participation (swimming specific group activity drills and practicing of swimming skills)**

#### Course Information & Absence Policy

- Students may make up missed quizzes up to two weeks after quiz date.
- Drop requests will not be accepted after the SJSU drop deadline
- Outings/assignments completed for another class cannot be counted for this course.
- Active participation is defined as participating in the water.
- Student can miss 3 class sessions without adversely affecting active participation component of grade, and can do up to a maximum of three observational analysis days.

**Grading Scale used to determine letter grade for each component above.**

**Grading Scale used to determine final course grade.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-

Percentage	Equivalent Grade
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

### Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Introduction to class policies and procedures
	Introduction to basic aquatic skills
2	Introduction to basic aquatic skills
3	Elementary Backstroke
4	Elementary Backstroke
5	<b>Quiz#1</b> , Elementary Backstroke, and Backstroke
6	Backstroke

Week	Course Content (Assignments, Exams/Quizzes, ...)
7	Front Crawl
8	Front Crawl
9	<b>Quiz #2</b>
10	Practice Practicum
11	Treading
12	Deep water skills <b>Quiz# 3</b>
13	Skills Practice
14	Skills Practice
15	Swim Practicum
16	<div style="display: flex; justify-content: space-between;"> <div> <p>M/W 830</p> <p>M/W 930</p> <p>T/Th 830</p> </div> <div style="text-align: right;"> <p><u>Final Exam Schedule</u></p> <p>Wed. Dec 12, 2018 900-930am</p> <p>Fri. Dec 14, 2018 900-930am</p> <p>Thurs Dec 13, 2018 900-930am</p> </div> </div>

