San José State University  
Kinesiology  
Fall 2013, KIN 2A-6, Beginning Swimming

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Joel McKown</th>
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<tr>
<td>Office Location</td>
<td>SPX 301</td>
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<tr>
<td>Telephone</td>
<td>707-246-9962</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:mckownjoel@gmail.com">mckownjoel@gmail.com</a></td>
</tr>
<tr>
<td>Office Hours</td>
<td>Wed 12pm-3pm (or by appointment)</td>
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<tr>
<td>Class Meetings</td>
<td>TuTh 11:30-12:20 SPX 079</td>
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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.

Course Goals, Student Learning Objectives, and Activity Program Learning Outcomes
- After the completion of the class, the student shall be able to
  - 1. demonstrate the acquisition and application of motor skills appropriate to the swimming.
  - 2. demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the swimming.
  - 3. demonstrate an understanding of the benefits of swimming as it relates to physical and mental health.
  - 4. demonstrate a positive change in personal fitness as it relates to component such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition

Course Notes
- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. This includes arriving to class already wearing
proper swimming attire. 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. Only drinks and food to sustain workout is allowed.

- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.

**Course Requirements and Grading Policy -**

Grading Plan

- 25% Skills Test 1
- 25% Skills Test 2
- 35% Final
- 10% Assignment/Project
- 5% Participation

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

- 97-100% A+
- 93 - 96% A
- 90 – 92% A-
- 87 - 89% B+
- 83 - 86% B
- 80 – 82% B-
- 77 - 79% C+
- 73 - 76% C
- 70 - 72% C-
- 67 - 69% D+
- 63 - 66% D
- 60 – 69% D-
- < 60% F

**Tests:** Skills Test One occur during week 6. Skills Test Two will occur during week 12. The Final will be on the final day of instruction. The final will be a comprehensive skills exam.

**Assignments/Projects:** There will be a written assignment that will be described on the 2nd day of instruction and due on the 3rd day of instruction.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for
class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

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

- Week 1-Introduction
- Week 2-Written Assignment assigned on Tu due on Th
- Week 6- Skills Test #1
- Week 12-Skills test #2
- Week 16- Final Exam on Th Dec 5

**University Policies**

**Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at [http://info.sjsu.edu/static/catalog/policies.html](http://info.sjsu.edu/static/catalog/policies.html). Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at [http://www.sjsu.edu/provost/services/academic_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The Late Drop Policy is available at [http://www.sjsu.edu/aars/policies/latedrops/policy/](http://www.sjsu.edu/aars/policies/latedrops/policy/). Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at [http://www.sjsu.edu/advising/](http://www.sjsu.edu/advising/).

**Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at [http://www.sjsu.edu/senate/S07-2.htm](http://www.sjsu.edu/senate/S07-2.htm), requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at [http://www.sjsu.edu/studentconduct/](http://www.sjsu.edu/studentconduct/).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.
Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at http://www.drc.sjsu.edu/ to establish a record of their disability.