San José State University  
Kinesiology  
Spring 2014, KIN 2A, Beginning Swimming

Contact Information

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<tbody>
<tr>
<td>Instructor</td>
<td>Joel McKown</td>
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<tr>
<td>Office Location</td>
<td>SPX 301</td>
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<tr>
<td>Telephone</td>
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</tr>
<tr>
<td>Email</td>
<td><a href="mailto:mckownjoel@gmail.com">mckownjoel@gmail.com</a></td>
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<tr>
<td>Office Hours</td>
<td>Th 130-230</td>
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<tr>
<td>Class Meeting Days/Time</td>
<td>TuTh 1130-1220</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 and Student Learning Objectives

Upon successful completion of course requirements students will be able to:

1. demonstrate an understanding of physical and mental benefits of participation in swimming for diverse populations
2. demonstrate an understanding of the basic terminology, applicable history, etiquette, safety, techniques, tactics, current research and practice, and applications of swimming
3. demonstrate the acquisition and application of swimming warm-up, skills, and drills for swimming in order to create personal workouts
4. achieve moderate to vigorous exercise intensity during each class.GE/SJSU Studies

Classroom Protocol

Students will arrive ready to begin a workout at the start of class. Students will come prepared to participate in physical activity which includes proper exercise attire including proper swim attire. Only drinks and food to sustain workout is allowed.

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. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at 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/.

**Assignments and Grading Policy**

Grading will be based on the following criteria:

- Skill development: 30%
- Effort level: 30%
- Approach (attitude): 30%
- Consistency: 10%

**University Policies**

**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, requires you to be honest in all your academic coursework. 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/.

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 Policy S07-2 requires approval of instructors.

**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 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.

**Student Technology Resources (Optional)**

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

**Learning Assistance Resource Center (Optional)**

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing
and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit the LARC website for more information at http://www.sjsu.edu/larc/.

**SJSU Writing Center (Optional)**
The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The Writing Center website is located at http://www.sjsu.edu/writingcenter/about/staff/.

**Peer Mentor Center (Optional)**
The Peer Mentor Center is located on the 1st floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop-in basis, no reservation required. The Peer Mentor Center website is located at http://www.sjsu.edu/muse/peermentor/

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**
*Put brief descriptions in the table of activities/assignments, exams, etc; include due dates and exam dates.*

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<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction</td>
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<td>2</td>
<td>Written Assignment</td>
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<td>6</td>
<td>Skills Test #1</td>
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<td>12</td>
<td>Skills Test #2</td>
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<tr>
<td>16</td>
<td>Final Exam</td>
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