

San José State University
Kinesiology
Fall 2018, *KIN 02A*

Contact Information

Instructor:	Katelynn Thompson
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Office Hours:	By appointment only
Class Meetings and Location:	M/W 11:30AM-12:20PM in SPX 180

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.

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

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:

- Knowledge of fundamental skills, techniques related to beginning swimming.
- Proficiency in execution of the beginning swimming skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with beginning swimming.
- An understanding of the mental and physical health benefits to be derived from beginning swimming.
- 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.
- Performance of basic water safety skills including comfort floating and swimming on front and back in shallow and deep water and comfortable with being underwater.
- Development of proper body alignment on stomach and back and progressing into the

concept of rhythmic breathing.

- Development of freestyle and backstroke, including elementary backstroke.
- Understanding the mental and physical benefits from physical exercises, including swimming.
- Understanding etiquette in social lap swim environments.
- Understanding of safety and injury prevention in aquatic environments based on proper technique.

Activity Program Learning Outcomes

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

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

Text/Readings

Course materials will be posted on Canvas as required.

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phones off and put them away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Wear appropriate swim attire at all times. This means workout-worthy swim suits, no skimpy two-pieces or excessively baggy board shorts.
- Recording class: Instruction may be recorded at your own risk; if your phone gets wet, it may get damaged. Do not record other people swimming. Do not post or otherwise share any recording taken.
- 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.
- Places to practice: Any pool with public or drop-in access.
- Course grades will be posted on Canvas by the end of finals week.
- Students may make up missed quizzes only with at least one week advance notice prior to the date of the given quiz.
- Final Written Exam cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.

Course Requirements, Assignments, and Grading

Tests:

- Skills Test information:
 - Skills Test 1:
 - Proficiently kick in streamline at least 12.5 yards with rhythmic breathing on stomach and kick in streamline on the back without sinking
 - Arms pulling forward during breath
 - Nose pointing either down (during streamline) or forward/to the side (during breath)
 - Skills Test 2:
 - Proficiently swim catch-up freestyle across the pool
 - Proficiently swim freestyle/front crawl stroke across the pool
 - Arms completely clear the water
 - Nose pointing either down (during strokes) or directly to the side (during breath)
 - 30 second treading water unassisted in deep water test
 - Skills Test 3:
 - Proficiently swim backstroke at least 12.5 yards with legs at the surface
 - Arms straight in the air and deep in the water
 - Nose pointing directly toward the ceiling and ears in the water
 - Proficiently perform breaststroke kick with or without the kickboard
 - Proficiently swim elementary backstroke at least 12.5 yards
 - 45 second treading water unassisted in deep water test
 - Skills Test 4:
 - Proficiently swim each side of side stroke at least 12.5 yards with an open turn in between the two laps
 - Jump (or dive for extra credit) into the deep end and proficiently swim a stroke of the student's choice 25 yards across the pool
 - 1 minute treading water unassisted in deep water test
- Written Exam information:
 - Final Written Exam:
 - Theoretical and diagram-based multiple choice exam regarding information covered throughout the semester, both in and out of the water

Assignments/Projects:

- Midterm Assignment:
 - Research a famous **freestyle** or **backstroke** swimmer and describe their stroke in detail based on a video of their strokes (must be recent enough to have video of it)

Grading

- Point Total grading plan with two extra credit opportunities each worth 2 points, placed at the top of the student's grade for the individual assignments

- Extra Credit Opportunities:
 - First half of the semester: Completion of the Midterm Assignment two weeks early
 - Second half of the semester: Ability to do a dive without belly-flopping

Grading Plan:

- 10 Points: Skills Test 1
- 15 Points: Skills Test 2
- 20 Points: Skills Test 3
- 25 Points: Skills Test 4
- 10 Points: Midterm Assignment
- 10 Points: Final Written Exam
- 10 Points: Active Participation

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-
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 ~ Aug. 22	Introduction, syllabus, and basic aquatic skills discussion & demonstration
2 ~ Aug. 27 and 29	Floating on front and back in “Starfish” and Streamline; How to stand up Proper kicking motion on front, back, and sides; Back kick; Head position
3 ~ Sept. 5	Front and side kick with rhythmic breathing; Review back kick
4 ~ Sept. 10 and 12	Kick on stomach and breathe on the back rhythmically Introduction to catch up freestyle with board
5 ~ Sept. 17 and 19	Review for Skills Test 1; Catch-up freestyle with and without the board SKILLS TEST 1
6 ~ Sept. 24 and 26	Review kicking; Catch up freestyle w/o board; Intro. to proper freestyle Intro to treading; Proper freestyle with side breathing
7 ~ Oct. 1 and 3	Intro to treading w/o assistance; Progression to proper freestyle* Treading in deep water; Progression to proper freestyle
8 ~ Oct. 8 and 10	Treading in deep water; Progression to proper freestyle** SKILLS TEST 2
9 ~ Oct. 15 and 17	MIDTERM ASSIGNMENT DUE ; Proper Free and Treading set Intro to breaststroke kick on wall and with kickboard; Tread
10 ~ Oct. 22 and 24	Breaststroke kick; Breaststroke kick on the back with and without board Review previous weeks; Intro to elementary backstroke; Tread
11 ~ Oct. 29 and 31	Review breaststroke kick on back without board; Elementary backstroke Review elementary backstroke; Intro to breaststroke arms; Tread
12 ~ Nov. 5 and 7	Progression to proper backstroke; Breaststroke; Review for ST 3; Tread SKILLS TEST 3
13 ~ Nov. 12 and 14	Complete diving progression as recommended by USA Swimming; Tread Review progression to proper freestyle; Learn open turn; Tread
14 ~ Nov. 19 and 21	Review progression to proper backstroke; Intro to side stroke; Tread Review side strokes, freestyle, backstroke, breaststroke, and open turn with swim set; Tread
15 ~ Nov. 26 and 28	Practice for Skills Test 4 with swim set; Tread PACER for the width of the pool; Tread
16 ~ Dec 3 and 5	Swim set; Review all skills from beginning to end for Skills Test 4 SKILLS TEST 4

Week	Course Content (Assignments, Exams/Quizzes, ...)
17 ~ Dec 10	GAME DAY!!!! (and review for the written final that will be open throughout the first week of finals and the weekend)

*MIDTERM ASSIGNMENT DUE FOR 2 POINTS EXTRA CREDIT

**MIDTERM ASSIGNMENT DUE FOR 1 POINT EXTRA CREDIT