

# San José State University Kinesiology

## Spring 2015, KIN 2B Intermediate Swimming 9:30-10:20

### Contact Information

Instructor	Meghann Pedersen
Office Location	
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Email	Mpedersen0613@gmail.com
Office Hours	By appointment
Class Meeting Days/Time	Monday & Wednesday 9:30-10:20am AQX Aquatics Facility

### 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.

### Kinesiology Department Activity Program Learning Objectives (APLO)

Established in November 2010. Upon successful completion of this course, each student will be able to demonstrate the following four Activity Program Learning Objectives:

APLO 1	Demonstrate the acquisition and application of motor skills appropriate to the specific activity.
APLO 2	Demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity.
APLO 3	Demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
APLO 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 Learning Objectives (CLO)

Upon successful completion of this Beginning Swimming course, each student will be able to demonstrate:

CLO 1	Demonstrate the following motor skills in the water: Water confidence, water mobility, tranquil breathing underwater, turning from front to back, floating, glides, sculling, kicking, basic freestyle with consistent rhythmic breathing, backstroke, elementary backstroke, and breaststroke for at least 25 yards.	APLO1
CLO 2	Demonstrate personal water safety skills and survival swimming.	APLO1
CLO 3	Demonstrate an understanding of the basic stroke terminology, swimming history, competition rules, water safety, and fitness swimming etiquette and current research in swimming.	APLO2
CLO 4	Demonstrate an understanding of the physiological and hydrodynamic principles involved in swimming.	APLO 1, 3
CLO 5	Achieve moderate to vigorous exercise intensity during every class session.	APLO4
CLO 6	Demonstrate an understanding of physical and mental benefits of participation in swimming as a lifelong fitness activity.	

### **Text/Readings**

No required textbook for this class. Readings and websites will be distributed in class.

### **Required Equipment for Activity**

Students shall wear appropriate swim wear (absolutely no cut-off shorts or T-shirts) to every class session. The purchase and use of good fitting swim goggles is strongly recommended.

### **Assignments and Grading Policy**

All exams must be taken and all assignments must be accepted for a final grade to be assigned for the course. Passing grades will not be assigned when tests or assignments are missing.

### **Grading Plan**

Quiz 110%

Quiz 2 10%

Participation 30%

Skills Test 1 10%

Skills Test 2 10%

Paper 20%

Final Exam 10%

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

**DESCRIPTION OF ASSIGNMENTS and EVALUATION COMPONENTS:**

**Active Class Participation [CLO 1, 2, 3, 4, 5, 6 APLO 1, 2, 3, 4] 40%**

Students actively participating in each class session will assess this portion of the grade. Students are expected to participate fully in all class sessions, this means actively

participating in the water, and attempting all activities.

Students will receive a maximum of 2 points for participation in each class session (maximum total of 40 points).

NOTE: If you are not in class to interact or participate it will be difficult to achieve points in this area. If you are away from class with an extended documented excuse eg medical certificate, jury duty, please notify instructor.

### **Written Assignment [CLO 3, 4, 5, 6 APLO 2, 3, 4] 30%**

One written assignment will be assigned during the semester. Assignment will cover basic stroke terminology, the physiological and hydrodynamic principles involved in swimming, swimming history, competition rules, current research in swimming, and the physical and mental benefits of participation in swimming as a lifelong fitness activity.

Students will submit assignment to teacher.

### **Swimming Skill Development and Improvement**

#### **[CLO 1, 2, 3, 4, 5, 6 APLO 1, 2, 3, 4,] 30%**

Enjoyment and improvement in this class depends upon 100% effort, every day in the pool. A grade will be given by the instructor related to each student's improvement over the semester, as evidenced by video and skill development.

Students will be assessed, and are required to attempt the following skills:

- Rhythmic consistent and tranquil breathing
- Sculling/ flutter kick on the back (25 yards).
- A survival stroke - elementary backstroke or sidestroke (25 yards) ▪ Breaststroke (25 yards)
- Freestyle (25 yards)
- Backstroke (25yards)
- Feet First Entry into the deep end and moving to a safe area
- Survival Floating - 1 minute in deep water
- Turning Front to Back
- Picking up an Object from deep water
- Swimming Under Water 15yds
- Floating with a Buoyant Aid for 5 mins in deep water

### **Classroom Protocol**

Students are strongly encouraged to attend and participate in all class sessions. Regular attendance reflects a commitment to your activity and fitness. Students shall be excused

from class or other scheduled academic activity to observe a religious holy day of their faith with prior written notification via email to the instructor.

- • Punctuality: Class swimming activity begins promptly at 10:30am
- • Please be on the pool deck, READY to participate at 10:30am
- • The pool deck activity or classroom activity will ALWAYS take place first thing, BEFORE the in-water portion; you may want to bring something warm to wear whilst on the pool deck.
- • Students will be dismissed from the water at 11:15am.
- • You may bring a PLASTIC water bottle onto the pool deck for hydration.
- • All jewelry is to be removed before swimming.
- • Alert the instructor of any health or medical problems, special medications or accidents that may affect you or a fellow student.
- • Students are expected to participate fully in all class sessions, this means actively participating in the water, and attempting all activities. If you are not in class to interact or participate it will be difficult to achieve points in this area.

### **Due Dates**

Without documented serious and compelling reasons, no paper will be accepted late (late = after the beginning of class on the due date). An email or phone message to the instructor and written documentation of any illness, medical emergency or death of a close relative will be expected should you miss any exam or assignment deadline. All quizzes, exams are to be taken at the assigned time. A student late to class on the day of a quiz or announced in-class work will NOT be able to make it up.

No make-up exams will be administered and no Incomplete Grades will be assigned. No extra credit will be awarded. A missed exam or assignment will receive a zero grade.

### **Written Assignment Policies**

- • All Assignments MUST be attempted to achieve a Passing Grade for this class. All materials must be original works of the student and typed with text and references in APA format.
- • NO assignments will be accepted via email.
- • Use a standard cover page with: your own name and student ID, course number and course name, and assignment title.

## **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 in the policies section at

<http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](#) document 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/>. 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/>.

### **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](#) at <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 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 Integrity policy](#) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](#) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

### **Accommodation to Students' Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student

request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

**Course Calendar (subject to change)**

<b>Week 1</b>	Introduction to class policies and procedures.
<b>Week 2</b>	<b>Flutter kick, freestyle</b>
<b>Week 3</b>	<b>Freestyle</b>
<b>Week 4</b>	<b>Flip turn, Swim sets</b>
<b>Week 5</b>	<b>Backstroke kick</b>
<b>Week 6</b>	<b>Backstroke</b>
<b>Week 7</b>	<b>Quiz/ Skills test #1</b>
<b>Week 8</b>	<b>Breaststroke kick</b>
<b>Week 9</b>	<b>Breaststroke kick/ breaststroke</b>
<b>Week 10</b>	<b>Butterfly kick</b>
<b>Week 11-12</b>	<b>Butterfly</b>
<b>Week 14-15</b>	<b>Quiz/ Skills test #2</b>
	<b>FINAL EXAM Monday 5/11/15 0715-0930</b>
	<b>Swim paper due 5/11/15</b>