

San José State University
Kinesiology
Fall 2018, Kin 2C Advanced Swimming

Contact Information

Instructor: Chris May

Office Location SPX 173E

Office hours :Tues. – Thurs.
9:30am – 10:20am

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Link to new syllabi policy:

<http://www.sjsu.edu/senate/docs/S16-9.pdf>

Class Days/Time:

Sect 1 M/W 10:30am-11:20am

SPX 180

Course Description

This course is designed to meet the needs of students who have completed satisfactorily the skills involved in intermediate swimming.

<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, skill tests, and written exams

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

- A. perform basic aquatic skills.

- B. introduction and development of the elementary backstroke, backstroke, and front crawl.

- C. an introduction to the physiologic and hydro dynamic principles associated with swimming.
 - D. incorporate the positive effects of sport through movement, and enjoy the rich socio-cultural diversity at San Jose State University.
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- **Knowledge of fundamental skills, technique, associated with beginning swimming**
 - **Proficiency in execution of the 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.**

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 information will either be distributed in class or emailed to students.

Course Notes

- **Class protocol: For example: 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.

Course Requirements and Grading Policy

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

Grading Plan

10% Quiz 1

10% Quiz 2

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

30% Partner Stroke Assessment

10% Final Exam

30% Active Participation (swimming specific group activity/discussion)

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

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

<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	
2	Front Crawl arm action	
3	Flutter kick	
4	Flip turns	
5	Backstroke	
6	Backstroke	
7	Quiz 1 front crawl & backstroke	
8	Breaststroke	
9	Breaststroke	
10	Butterfly	

Week	Course Content (Assignments, Exams/Quizzes, ...)
11	Butterfly, Quiz 2 breaststroke and butterfly
12	Open turns
13	Quiz 3
14	Partner Stroke Assessment
15	Relays
16	Final Exam Tuesday Dec 18, 2018 9:45am-10:15am