

San José State University
Department of Kinesiology
KIN 2C, Advanced Swimming, Spring 2013

Instructor: Chris May

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Office Hours: Monday & Wednesday 10:30am-11:25am, or by appointment

Class Days/Time: Section 1 Monday & Wednesday 9:30am -10:20am

Classroom: SPX 079

Course Description

This course is designed to refine and extend the development of advanced skills in swimming. Prerequisite: Intermediate level or its equivalent.

Course Goals and Student Learning Objectives

The course goals and learning objectives include an introduction to basic aquatic skills and beginning swimming movement patterns.

Course Content Learning Outcomes

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

- A. refinement of all four competitive strokes, and both flip and open turns.
- B. improved speed and endurance as it is related to swimming..
- 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.

Activity Program Learning Outcomes (APLOs)

After the completion of the class, the student shall be able to

1. demonstrate the acquisition and application of motor skills appropriate to the specific activity.
2. demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity.
3. demonstrate an understanding of the benefits of a specific activity 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.

Readings

Reading material will be distributed in class or via email documents.

Classroom Protocol

Student will come prepared to participate in physical activity which includes proper exercise attire including court shoes. No food or drink with the exception of water in a plastic water bottle is allowed in SPX44B. Further, students must be engaged in the movement patterns associated with volleyball.

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

A letter grade will be determined by the following criteria and grading scale;

Quizzes (2 @ 10%)	20%	A+ = 97-100	C+= 77-79
Skill Development	30%	A = 93-96	C = 73-76
Swim Practicum	30%	A- = 90-92	C- = 70-72
Swim Paper	10%	B+ = 87-89	D+= 67-69
Final	10%	B = 63-66	D = 63-66
	100%	B- = 80-82	D- = 60-62
			F = 59 & below

Swim Paper

Is a two page typed, double spaced paper related to swimming. Some topics may include one of the following: historical contributions to swimming, gender contributions to swimming, nutrition and swimming, benefits of swimming as a form of physical activity. Other swimming related topics may be chosen with instructor consent.

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 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.sa.sjsu.edu/judicial_affairs/index.html.

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 motivate them to become self-directed learners. The center provides support services, such as skills assessment, individual or group tutorials, subject advising, learning assistance, summer academic preparation and basic skills development. The LARC website is located at <http://www.sjsu.edu/larc/>.

KIN 2C Advanced Swimming Spring 13 (tentative schedule)

Week	1	Introduction to class policies and procedures.
Week	2	freestyle & backstroke
Week	3	Freestyle
Week	4	Flip turns
Week	5	Backstroke
Week	6	Backstroke turns Cooper Test
Week	7	Quiz #1 freestyle & backstroke
Week	8	Breaststroke kick
Week	9	Breaststroke
Week	10	Spring Break
Week	11	Open turns
Week	12	Dolphin kick
Week	13	Butterfly
Week	14	Quiz # 2 breaststroke & butterfly
Week	15	Cooper Test
Week	16	Relays
Week	17	FINAL Monday 5/13/13 9:30am -10:20am
		Swim Paper due 5/13/12

