

San José State University
Kinesiology
Spring 2015, Kin 2C Advanced Swimming

Contact Information

Instructor:	Chris May
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Class Days/Time:	Sect 1 M/W 9:30am-10:20am
Classroom Location.	SJSU Aquatic Center

Course Description

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

- Class is taught at the SJSU Aquatic Center
- 1) **Entrance policies:** Every student that enters the facility (either for class or for general recreation) needs to present their valid SJSU Tower Card. They are considered to be 'valid' when they paid their student fees. This process is the same as the Sport Club but since KIN is new at the Aquatic Center I wanted to get the instructors on board with our entrance policies.
- -Every student is allowed a "freebie" and by this I have a card they sign that acknowledges it is required to enter facility and if it happens again they will need to pay the \$3 day pass fee. I know this is an academic class so I do not want to be the reason why some students blame poor attendance on but I do need the students to be aware and the instructors help to enforce this. If there is a student that is continually forgetting their ID card then we will inform the instructor about it.
- 2) **Locker usage in bathrooms:**

- Lockers can be used two different ways: 1) for day use and 2) rented for the semester. PLEASE NOTE THAT STUDENTS CAN ALSO LEAVE ITEMS ON THE POOL DECK, it's their choice

- 1) **Day use:** you must provide your own combination lock and use for the day. All items (including your lock) but be cleared out at the end of use that day. Anything left over night will be removed at owners expense and items held in lost and found.

2) **Semester rental:** \$40 gets your a locker and you can leave all items over night for the duration of the semester. Just fill out the information on the form (located in entrance booth) and return to the booth as soon as possible. There are limited lockers so they may run our fast.

* The Aquatic Center does not offer towel service so all students will need to provide their own towel.

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.

- **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.**
- **This class is taught outside at The SJSU Aquatic Center pool, so students need to prepare for changing weather conditions. Swim goggles highly recommended as well as sun block.**
- **Class will still be held during rainy weather.**

Course Requirements and Grading Policy

Grading Plan

10% Quiz 1

10% Quiz 2

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

30% Swim Practicum

10% Final Exam

30% Active Participation (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

Tests: Two in class quizzes, and Final Exam last class meeting.

- Swim Practicum, is a physical assessment of elementary backstroke, backstroke, and the front crawl.

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](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) 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](http://www.sjsu.edu/senate/S07-2.htm) 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](http://www.sjsu.edu/studentconduct/) 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](http://www.sjsu.edu/senate/S07-2.htm) 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at 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 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
8	Breaststroke
9	Breaststroke

Week	Course Content (Assignments, Exams/Quizzes, ...)
10	Butterfly
11	Butterfly
12	Open turns
13	Quiz 2
14	Relays
15	Deep Water Skills
16	Final Exam in class Wednesday May 13 th , 2015 during regular class time.