San José State University
Kinesiology
Fall 2013, KIN 2C-1, Advanced Swimming

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Joel McKown</th>
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<tbody>
<tr>
<td>Office Location</td>
<td>SPX 301</td>
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<td>Telephone</td>
<td>707-246-9962</td>
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<tr>
<td>Office Hours</td>
<td>Wed 12pm-3pm (or by appointment)</td>
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<tr>
<td>Class Meetings</td>
<td>TuTh 12:30-1:20 SPX 079</td>
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## 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, Student Learning Objectives, and Activity Program Learning Outcomes
Upon successful completion of course requirements students will be able to:

- 1. demonstrate an understanding of physical and mental benefits of participation in swimming for diverse populations
- 2. demonstrate an understanding of the basic terminology, applicable history, etiquette, safety, techniques, tactics, current research and practice, and applications of swimming
- 3. demonstrate the acquisition and application of swimming warm-up, skills, and drills for swimming in order to create personal workouts
- 4. achieve moderate to vigorous exercise intensity during each class.

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

## Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. This includes arriving to class already wearing proper swimming attire. 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. Only drinks and food to sustain workout is allowed.

- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.

**Course Requirements and Grading Policy -**

**Grading Plan**

- 25% Skills Test 1
- 25% Skills Test 2
- 35% Final
- 10% Assignment/Project
- 5% Participation

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

- 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 – 69% D-
- < 60% F

**Tests:** Skills Test One occur during week 6. Skills Test Two will occur during week 12. The Final will be on the final day of instruction. The final will be a comprehensive skills exam.

**Assignments/Projects:** There will be a written assignment that will be described on the 2nd day of instruction and due on the 3rd day of instruction.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.
Course Calendar (subject to change with fair notice by announcement in class and/or email)

- Week 1-Introduction
- Week 2-Written Assignment assigned on Tu due on Th
- Week 6- Skills Test #1
- Week 12-Skills test #2
- Week 16- Final Exam on Th Dec 5

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 Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at 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, 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.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 S07-2 requires approval of instructors. Note: outings 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 requires that students with
disabilities requesting accommodations must register with the Disability Resource Center (DRC) at [http://www.drc.sjsu.edu](http://www.drc.sjsu.edu) to establish a record of their disability.