

# San José State University

## Kinesiology

### Fall 2018, KIN 11A Beginning Rowing

#### Contact Information

Instructor:	Shirley H. M. Reekie, PhD
Office Location:	SPX 173K
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Email:	shirley.reekie@sjsu.edu
Office Hours:	Wednesdays, 10:15-10:45 AM and by appointment/email
Class Meetings & location	SPX pool first two meetings; then Lexington Reservoir, Los Gatos (for directions, see below)
Prerequisites:	<ol style="list-style-type: none"><li>1. Swim 100 yards without stopping (any “style”!)</li><li>2. Stay above water for 5 minutes (any unaided method) and put on PFD (lifejacket) while in the water.</li></ol> Testing for this will be at the second class meeting, which is <b>mandatory</b> . Wear swimsuit.

Check out the class rowing video: <https://www.youtube.com/watch?v=4uHaxz9f-vg>

#### Course Description

Basic skills and knowledge for those with little/no experience of rowing. Initial classes will be on indoor rowing machines, then eight-oared boats will be used. Students will learn both rowing and coxing; improvement of strength/fitness is central.

#### Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

- Knowledge of fundamental skills, techniques or rowing (be able to recognize what makes for effective technique) and coxing
- Proficiency in execution of the rowing skills covered (ability to self-critique/correct)
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with rowing
- An understanding of the mental and physical health benefits to be derived from rowing
- 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
- KIN/AT majors only should consider the links between this activity class and scholarship in the field of Kinesiology

## Text/Readings

Reekie, Shirley H. M. *Beginner's guide to rowing*. Link to the course reader will be sent to you online. Pop quizzes are based largely on readings.

## Course Content

- a. types of rowing: sweep and sculling; Olympic and collegiate rowing history
- b. types of shells: 1x, 2x, 4x, 2-, 4-, 4+, 8+
- c. age group rowing; heavy and lightweight rowing
- d. sweep rowing basic technique
- e. basics of coxing a shell
- f. safety considerations
- g. weather concerns
- h. places to row in the SF Bay area
- i. training techniques, and drills, both on and off the water
- j. terminology
- k. equipment selection and use
- l. concepts of benefits of regular physical fitness

## Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Cell phones/wallets etc. should put away for the duration of the class, car keys may be left in the boat house. 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
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations
- Report any accidents or equipment issues to the instructor immediately.

## Course Requirements, Assignments, and Grading

Activity	Percentage
Active participation*	30% (1 pt per class)
Midterm (written)	10% (approx 7 <sup>th</sup> wk of class)
Pop quizzes based on readings	10% (as needed; not announced in advance)
Final (written)	20% (at SJSU; Thurs. Dec. 13, 9:45-12:00)
Practical evaluation on water	15% (ongoing)
Erg tests (3 @ 5% each)	15% (dates TBD; 3 total, roughly monthly)

Grades: A = 100-90%, B = 89-80%, C = 79-70%, D = 69-60%, F = less than 60%

\* means showing up on time and actively erging, coxing or rowing

No extra credit is available; late work will not be accepted except for serious and compelling reason and with appropriate written explanation.

### Meeting place

Los Gatos Rowing Club on Lexington Reservoir; highway 17 south, exit at Bear Creek Road, return on highway 17 north, and exit at first exit – Alma Bridge Road; boat house is 2 miles on right (look for sign that says LGRC/SCU; do NOT park in public lot near dam). Free parking. Students are responsible for arranging their own transportation. LGRC boathouse phone number: given out in class. No answering machine.

### Cost

\$100 covers use of shells and equipment in class; payable to Los Gatos Rowing Club by end of second week of class (cash or check only)

### University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<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	Introductions; syllabus explanation
2	In indoor pool for swim test, treading water test; orientation to rowing
3	At Los Gatos RC; introduction to effective indoor rowing machine (erging) technique; shell types
4	Continuation of erging training; individual video analysis; FITT training; erg test #1
5	Introduction to carrying, launching, boarding, and basic rowing in an eight; drills
6	Continuation of rowing/coxing in an eight rowing on square; fitness goals; drills
7	Midterm; beginning to row on feather; drills
8	Erg test #2; gradually add power to rowing on feather; drills
9	History of rowing; etiquette of rowing; rules of racing; drills
10	Review of fitness goals; rowing fours; drills
11	Weather concerns; safety concerns; rules of rowing racing; Olympic rowing
12	Video of on water rowing for review; Introduction to basic racing technique; catch up
13	Erg test #3; Racing on water with LGRC coxswains
14	No class—day before Thanksgiving
15	TBD

Note: the final is THURSDAY, Dec. 13, 9:45-12:00