

San José State University
Kinesiology
Beginning Rowing KIN 11A, Section 1, Spring 2015

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| Instructor: | Shirley H. M. Reekie, PhD |
| Office Location: | YUH 244 |
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| Office Hours: | By arrangement; by email; by phone |
| Class Days/Time: | T and R 9:00-10:30 |
| Classroom: | At Los Gatos Rowing Club (see later for directions) |
| Prerequisites: | See below |
| Course Fees: | See below |

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.

Prerequisites (tested in outdoor pool Tues Jan 27)

1. Swim 100 yards without stopping (any “style”!)
2. Stay above water for 5 minutes (any unaided method)
3. Put on life jacket/PFD in the water

Course Goals and Student Learning Objectives

Upon successful completion of this course, students will be able to:

1. recognize the elements of effective and ineffective sweep rowing technique
2. self critique and self coach, to more closely approach effective technique
3. cox a boat using appropriate commands/know how to do so, if over weight limit
4. understand and apply basic rowing training techniques so as to be able to develop a personal off-the-water training plan; improve all around strength and cardiovascular fitness; understand concepts/benefits of regular physical fitness
5. explain, from a historical perspective, the development of racing shells, and the present day types used in both sweep and sculling

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

Required Texts/Readings

Beginning Rowing reader sent electronically. Pop quizzes will be based on the readings.

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](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. 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/>.

Assignments and Grading Policy (SLO's are on department website)

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| Active participation SLO # 1, 4 | 30% (1 pt per class) |
| Midterm (written) SLO # 2, 3 | 10% (approx 7 th wk of class) |
| Pop quizzes based on readings SLO # 2, 3 | 10% (as needed; not announced in advance) |
| Final (written) SLO# 2, 3 | 20% (Tues May 12, at SJSU) |
| Practical evaluation on water SLO # 1 | 15% (dates in April TBD) |
| Erg tests (3 @ 5% each) SLO # 1, 4 | 15% (dates TBD) |
| Grades: A = 100-90%, B = 89-80%, C = 79-70%, D = 69-60%, F = less than 60% | |

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

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San José State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), 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](http://www.sa.sjsu.edu/judicial_affairs/index.html) 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](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

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)

Tentative schedule

- Week 1: meeting and testing in outdoor pool (required attendance)
- Weeks 2-4: learning basic rowing technique on rowing ergometers; erg test #1
- Week 5: review and midterm
- Weeks 6-13: on the water rowing whenever weather permits; indoor rowing if inclement; erg test #2 at c. 10 weeks
- Weeks 14-15: final practical assessments (erg test #3 and on the water skill assessment); written final