

San José State University
Kinesiology Dept.
KIN 002A, Beginning Swimming, Fall 2015

Instructor:	Kathy Bruga M.A.
Telephone:	408.924.3023
Email:	kbruga@comcast.net
Office Hours:	By appointment before or after class
Class days & time	TTH 9:30 & 10:30
Classroom:	Spartan Complex indoor pool SPX 79
GE/SJSU Studies Category:	GE credit

Course Description

This course is designed for the development of a variety of swimming strokes for the individual with little or no swimming experience. The goal of this class is not only the development of both resting and competitive strokes, but, also the respect and understanding of the aquatic environment.

Course Goals and Student Learning Objectives

Introduction to floating, gliding, treading water, front crawl, breaststroke, elementary backstroke, back crawl, side stroke., surface dives (tuck and pike), and the open turn,.

Learning Outcomes (LO)

Upon successful completion of this course, students shall:

- Be able to demonstrate improved skill performance in the swimming strokes and activities listed above under goals.
- Be able to demonstrate and understanding the physiological and hydrodynamic principles associated with swimming.
- Be able to take a written midterm and final demonstrating their understanding of basic swimming terminology.
- Be able to discuss how aquatic activities can be a positive change in fitness components such as cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. Modifications will be designed to meet the needs of people with disabilities.

Course Content Learning Outcomes

- Upon successful completion of this course, students will be able to:
- Analyze each stroke taught in class.
- Recite the cues used in learning each stroke.
- Take a skill test demonstrating one of the six strokes taught in class & complete a back float.
- By means of a written midterm and final students will show their understanding of swimming vocabulary.

Required Texts/Readings

Textbook: Course Reader available at Maple Press on San Carlos and 10th street.

Swim suits required. Also required: hair ties or swim caps.

Optional: goggles.

Not Allowed: nose plugs, jewelry, chewing gum, food, or glass containers. NEW TATTOOS-you will not be able to swim for a month.

Classroom Protocol

- Class begins with a short lecture and demonstration.
- Alert the instructor to any medical problems. Long term illness and medical conditions require a doctors note.
- Report any accidents to the instructor immediately.
- Regular active participation is essential to acquiring the course objectives. Two absences are free, two more may be made up. All other absences will negatively effect your grade.
- No cell phones or iPods are allowed in class. In order to obtain credit for class if you are out of the pool for the day you must be assisting other students.
- Never talk to the lifeguard. The lifeguard must watch the pool at all times.

Adding and Dropping

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

Deep water swimmers may be asked to help shallow water swimmers with their strokes.

Grading policy:

Active participation	50%
Midterm written exam	10%
Final written exam	10%
Final skill development exam	30%
Total semester points	100

University Policies

Academic integrity:

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The San Jose State Academic Integrity policy, located at <http://sss.sjsu.edu/senate/S07-2htm>, required 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_ affaors/index.html](http://www.sa.sjsu.edu/judicial_affaors/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 other wise 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 San Jose State University Academic Policy S07-2 requires approval of instructor.

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 student 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.

Beginning Swimming (Kin 2A), Fall 2015 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/25 & 8/27	Freestyle skill test in order to swim in the deep H2O. Intro. Adjustment to the H2O, rhythmic breathing. Syllabus.
2	9/1 & 9/3	Review rhythmic breathing. Teach and practice front glides. Going from a horizontal position to standing on the bottom of the pool. Teach motionless back float.
3	9/8 & 9/10	Introduce freestyle stroke. Practice the flutter kick. Practice back float & glides
4	9/15 & 9/17	Freestyle – flutter kick, arm pattern and breathing Practice the freestyle Practice back float & glides
5	9/22 & 9/24	Introduce Breaststroke, practice the frog kick Back float
6	9/29 & 10/1	Breaststroke arm pattern, breathing and cues combined with the frog kick. Back float
7	10/6 & 10/20	Refine the freestyle and breaststroke Back float. Teach side stroke. Lecture FITT Principle
8	10/22	MIDTERM Swim vocabulary. See course reader. Purchase @Maple Press
9	10/27 & 10/29	Teach an open turn. Combine freestyle and open turn. Review side-Stroke & back float
10	11/3 & 11/5	Review all strokes learned so far.
11	11/10 & 11/12	Review all strokes learned. Teach Elementary backstroke. Teach treading and surface dives. Back float
12	11/17 & 11/19	Teach breaststroke. Review elementary backstroke. Review and practice all previous skills..
13	11/24	Review breaststroke, surface dives, treading & all previous strokes. Teach back crawl. Back float.
14	12/1& 12/3	Practice all previous skills. Distribute study guide for final-12/9 Skill test- demonstrate one stroke of your choice & back float
15	12/8	FINAL on the benches and the bleachers in SPX 79-indoor pool
		NO CLASS FINALS WEEK