

San José State University
Kinesiology
Fall 2015, Kin 2A Beginning Swimming

Contact Information

Instructor: Chris May

Office Location: SPX 173E

Office Hours: T/Th 1:30-2:00pm
or by appointment

Telephone: 924-3048

Email: christian.may@sjsu.edu

Class Days/Time:

Sect 1 T/Th 12:30pm-1:20pm

Sect 3 M/W 12:30pm-1:30pm

Sect 6 T/Th 11:30am-12:20pm

Sect 7 M/W 1:30pm-2:20pm

Classroom Location. SPX 180

Course Description

This course is designed for the non-swimmer and beginning swimmer. It is assumed that all students enrolled in the class have had little or no experience in learning the basic skills of swimming. The course is designed to instruct the student in the basic skills necessary to enable him/her to swim safely in deep water. There are no prerequisites for the course.

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.

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: Three 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 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
	Introduction to basic aquatic skills
2	Introduction to basic aquatic skills
3	Elementary Backstroke
4	Elementary Backstroke
5	Quiz#1 , Backstroke

Week	Course Content (Assignments, Exams/Quizzes, ...)
6	Backstroke
7	Front Crawl
8	Front Crawl
9	Quiz #2
10	Practice Practicum
11	Treading
12	Deep water skills
13	Skills Practice
14	Skills Practice
15	Swim Practicum
16	Final Exam for M/W classes is Dec. 7th, 2015 during regular class time.

San José State University
Department of Kinesiology
KIN 2A, Beginning Swimming, Spring 2013

Instructor: Chris May

Office Location: SPXC 301

Telephone: (408) 924-3015

Email: christian.may@sjsu.edu

Office Hours: Monday & Wednesday 10:30am - 11:25am or by appointment

Section 1 Monday & Wednesday 11:30am -12:20pm

Class Days/Time: SPX 079

Course Description

This course is designed for the non-swimmer and beginning swimmer. It is assumed that all students enrolled in the class have had little or no experience in learning the basic skills of swimming. The course is designed to instruct the student in the basic skills necessary to enable him/her to swim safely in deep water. There are no prerequisites for the course.

Course Goals and Student Learning Objectives

The course goals and learning objectives include an introduction to basic aquatic skills and beginning swimming movement patterns.

Course Content Learning Outcomes

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.

Activity Program Learning Outcomes (APLOs)

After the completion of the class, the student shall be able to

1. demonstrate the acquisition and application of motor skills appropriate to the specific activity.
2. demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity.
3. demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
4. demonstrate a positive change in personal fitness as it relates to component such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Readings

Reading material will be emailed to student or distributed in class.

Classroom Protocol

Student will come prepared to participate in physical activity which includes proper exercise attire including court shoes. No food or drink with the exception of water in a plastic water bottle is allowed in SPX44B. Further, students must be engaged in the movement patterns associated with volleyball.

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 calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. 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.

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Assignments and Grading Policy

A letter grade will be determined by the following criteria and grading scale;

Quizzes (2 @ 10%)	20%	A+ = 97-100	C+= 77-79
Skill Development	30%	A = 93-96	C = 73-76
Swim Practicum	30%	A- = 90-92	C- = 70-72
Swim Paper	10%	B+ = 87-89	D+= 67-69
Final	10%	B = 83-86	D = 63-66
	100%	B- = 80-82	D- = 60-62
			F = 59 & below

Swim Paper

Is a two page typed, double spaced paper related to swimming. Some topics may include one of the following: historical contributions to swimming, gender contributions to swimming, nutrition and swimming, benefits of swimming as a form of physical activity. Other swimming related topics may be chosen with instructor consent.

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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 (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Student Technology Resources (Optional)

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

Learning Assistance Resource Center (Optional)

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to motivate them to become self-directed learners. The center provides support services, such as skills assessment, individual or group tutorials, subject advising, learning assistance, summer academic preparation and basic skills development. The LARC website is located at <http://www.sjsu.edu/larc/>.

KIN 2A Beginning Swimming Spring 2013 (TENTATIVE SCHEDULE)

Week 1	Introduction to class policies and procedures, and forearm passing.
Week 2	
Week 3	
Week 4	
Week 5	Backstroke
Week 6	
Week 7	
Week 8	
Week 9	Front Crawl
Week 10	
Week 11-12	
Week 14-15	
	FINAL EXAM Monday 5/13/13 during regularly scheduled class time.
	Swim paper due 5/13/12