

**San José State University**  
**Kinesiology Dept.**  
**KIN 002A, Beginning Swimming, Fall 2017**

<b>Instructor:</b>	Kathy Bruga M.A.
<b>Telephone:</b>	408.924.3023
<b>Email:</b>	<a href="mailto:kbruga@comcast.net">kbruga@comcast.net</a>
<b>Office Hours:</b>	By appointment before or after class SPX 170
<b>Class days &amp; time</b>	TTH 9:30 & 10:30
<b>Classroom:</b>	Spartan Complex indoor pool SPX 180
<b>GE/SJSU Studies Category:</b>	GE credit 1.0

### **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 basic 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 understand 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 10<sup>th</sup> street.**

Swim suits are required, hair ties for long hair. Optional: goggles and swim caps

**Not Allowed: nose plugs, jewelry, chewing gum, food, or glass containers. NEW TATTOOS-you will not be able to swim for a month. That is a problem. Wait till the semester is over.**

### **Classroom Protocol**

- Class begins with a short lecture and demonstration. Tardies negatively impact your grade.
- 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 impact your grade.
- No cell phones, laptops or iPods are allowed in class. If you are out of the pool for the day you must be assisting other students/instructor in order to obtain credit for the class.
- Never talk to the lifeguard unless there is an emergency. 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/](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\\_affairs/index.html](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 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.

## **COURSE SCHEDULE**

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/24 & 8/29	Syllabus. Freestyle test for deep water swimmers. H2O Adjustment, jelly fish float, eyes open
2	9/5 & 9/7	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	9/12 & 9/14	Practice back floats, prone & supine glides Introduce the freestyle stroke-flutter kick
4	9/19 & 9/21	Freestyle – flutter kick, arm pattern and breathing Practice the freestyle stroke Practice back float & prone/supine glides
5	9/26 & 9/28	Introduce Breaststroke, practice the frog kick Back float
6	10/3 & 10/5	Breaststroke arm pattern, breathing and cues combined with the frog kick. Back float
7	10/10 & 10/12 10/17	Review and practice the Breaststroke-work on timing Review supine glides Teach the FITT Principle Study guide-see course reader. Purchase @Maple Press
8	10/19	<b>MIDTERM</b> on the benches in SPX 180-indoor pool Swim vocabulary. See course reader. Purchase @Maple Press
9	10/24 & 10/26	Teach an open turn. Combine freestyle and open turn. Teach Side-Stroke & practice back float.
10	10/31	Review all strokes & glides learned so far.
11	11/2	Review all strokes learned. Teach Elementary backstroke. Teach treading and surface dives & Back float.
12	11/7 & 11/9	Review breaststroke. Review elementary backstroke. Review and practice all previous skills.
13	11/14	Review breaststroke, surface dives, treading & all previous strokes. Teach back crawl. Practice Back float.
14	11/16 & 11/21 11/28 & 11/30 12/5	Practice all previous skills. Distribute study guide for final <b>SKILL TEST-</b> demonstrate one stroke of your choice & back float Swimming races and pool games.
15	12/7	<b>FINAL</b> on the benches in SPX 180-indoor pool. <b>LAST CLASS</b>

