

**San José State University**  
**Kinesiology**  
**Fall 2017, KIN 02A**

**Contact Information**

Instructor:	Katelynn Thompson
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Office Hours:	By Appointment Only
Class Meetings and Location:	M/W 9:30-10:20AM in SPX 180

Link to new syllabi policy: <http://www.sjsu.edu/senate/docs/S16-9.pdf>

**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.

**Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

**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 related to beginning swimming.
- Proficiency in execution of the beginning swimming 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.

- Performance of basic water safety skills including comfort floating and swimming on front and back in shallow and deep water and comfortable with being underwater.
- Development of proper body alignment on stomach and back and progressing into the concept of rhythmic breathing.
- Development of freestyle and backstroke, including elementary backstroke.
- Understanding the mental and physical benefits from physical exercises, including swimming.
- Understanding etiquette in social lap swim environments.
- Understanding of safety and injury prevention in aquatic environments based on proper technique.

### **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 materials will be posted on Canvas as required.

### **Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phones off and put them away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Wear appropriate swim attire at all times. This means workout-worthy swim suits, no skimpy two-pieces or excessively baggy board shorts.
- Recording class: Instruction may be recorded at your own risk; if your phone gets wet, it may get damaged. Do not record other people swimming. Do not post or otherwise share any recording taken.
- 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 to the instructor immediately.
- Places to practice: Any pool with public or drop-in access.
- Course grades will be posted on Canvas by the end of finals week.
- Students may make up missed quizzes only with at least one week advance notice prior to the date of the given quiz.
- Final Written Exam cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.

- Outings/assignments completed for another class cannot be counted for this course.

## **Course Requirements, Assignments, and Grading**

### Tests:

- Skills Test information:
  - Skills Test 1:
    - Proficiently kick in streamline at least 12.5 yards with rhythmic breathing on stomach and kick in streamline on the back without sinking
    - Arms pulling forward during breath
    - Nose pointing either down (during streamline) or forward (during breath)
  - Skills Test 2:
    - Proficiently swim freestyle/front stroke across the pool
    - Arms completely clear the water
    - Nose pointing either down (during strokes) or directly to the side (during breath)
  - Skills Test 3:
    - Proficiently swim backstroke at least 12.5 yards with legs at the surface
    - Arms straight in the air and deep in the water
    - Nose pointing directly toward the ceiling and ears in the water
    - Breaststroke/Elementary backstroke kick with and without the kickboard
  - Skills Test 4:
    - Proficiently swim freestyle/front stroke across the pool, complete an open turn, and swim backstroke back across the pool
    - All requirements from Skills Tests 2 and 3 must be met again
    - 30 second treading water unassisted in deep water test
- Written Exam information:
  - Final Written Exam:
    - Theoretical and diagram-based multiple choice exam regarding information covered throughout the semester, both in and out of the water.
- Assignments/Projects:
  - Midterm Assignment:
    - Research a famous freestyle or backstroke swimmer and describe their stroke in detail based on a video of their strokes (must be recent enough to have video of it)

### **Grading**

- Point Total grading plan with two extra credit opportunities each worth 2 points, placed wherever the student chooses
  - Extra Credit Opportunities:
    - First half of the semester: Completion of the Midterm Assignment two weeks early

- Second half of the semester: Ability to do a standing dive without belly-flopping

**Grading Plan:**

- 15 Points: Skills Test 1
- 20 Points: Skills Test 2
- 20 Points: Skills Test 3
- 20 Points: Skills Test 4
- 10 Points: Midterm Assignment
- 10 Points: Final Written Exam
- 5 Points: Participation and Attendance

**Grading Scale used to determine final course grade.**

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

**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)**

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
1 ~ Aug. 23	Introductions and basic aquatic skills ~ BRING YOUR SUITS
2 ~ Aug. 28 and 30	Floating on front and back in Starfish and Streamline; How to stand up Proper kicking motion on front, back, and sides; Head position
3 ~ Sept. 6	Front and side kick with rhythmic breathing; Review back kick
4 ~ Sept. 11 and 13	Kick on stomach and breathe on the back; Back kick Kick on stomach in streamline with rhythmic side breath; Back kick
5 ~ Sept. 18 and 20	Review kicking on stomach, back, and sides <b>SKILLS TEST 1</b> ; Introduction to catch up freestyle with board
6 ~ Sept. 25 and 27	Review previous weeks; Catch up freestyle with & without the board Catch up freestyle with & without the board; Intro to proper freestyle
7 ~ Oct. 2 and 4	Kicking and freestyle progression to proper freestyle Kicking and freestyle progression to proper freestyle
8 ~ Oct. 9 and 11	<b>MIDTERM ASSIGNMENT DUE</b> ; Proper Free; Review previous weeks <b>SKILLS TEST 2</b> ; Breaststroke kick intro with kickboard
9 ~ Oct. 16 and 18	Breaststroke kick; Breaststroke kick on the back with and without board Review previous weeks; Intro to elementary backstroke
10 ~ Oct. 23 and 25	Review breaststroke kick on back without board; Elementary backstroke Elementary backstroke; Intro to side stroke
11 ~ Oct. 30 and Nov. 1	Review elementary backstroke, side kick, and side strokes Progression to proper backstroke
12 ~ Nov. 6 and 8	Progression to proper backstroke; Review elementary backstroke <b>SKILLS TEST 3</b> ; Intro to open turn
13 ~ Nov. 13 and 15	Review progression to proper freestyle; Learn open turn Review progression to proper backstroke and open turn
14 ~ Nov. 20	Review freestyle, backstroke, breaststroke kick, and open turn Complete diving progression as recommended by USA Swimming
15 ~ Nov. 27 and 29	Practice for Skills Test 4; Intro to treading water Tread water; Review diving and practice for Skills Test 4
16 ~ Dec. 4 and 6	Review all skills <b>WRITTEN FINAL; SKILLS TEST 4</b>