

San José State University
Kinesiology
Spring 2021, *KIN 105 - Water Safety Instructor Section 1*

Contact Information

Instructor:	Klaudia 'Pakka' Paradi
Office Hours:	By appointment only
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Class Meetings & location:	ZOOMLAND and SRAC (25-YD Pool)
Prerequisites:	Students should be able to swim at least 25 yards of the following strokes - Front Crawl, Back Stroke, Breaststroke, Side Stroke, Elementary Back Stroke and 15 yds of Butterfly

Course Description

Designed to teach the basic concepts, skills and knowledge for successful teaching in the American Red Cross WSI aquatics program. The content and requirements are in accordance with the American Red Cross and the criterion set forth by the organization.

Prerequisite: Minimum age of 16. Misc/Lab: Lecture 1 hour/activity 2 hours.

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,

- To demonstrate skill and knowledge of and recognize the common errors in performance of the six major strokes and basic skills.
- Identify key elements and strategies for planning and preparing effective and safe swim lessons.
- Identify key class management principles, elements and strategies for planning, preparing and conducting safe swim lessons.
- Modify teaching to meet unexpected challenges including dealing with participants who misbehave, the adult population, and people with disabilities.
- To demonstrate knowledge of planning for instruction.
- To demonstrate knowledge of hydrodynamic principles.
- To demonstrate knowledge of learning theory (motor learning and pedagogy) as it relates to teaching aquatics.
- To demonstrate knowledge of administrative procedures and policies of national and local units.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

APLO #1: Demonstrate the acquisition and application of water safety and aquatic knowledge/skills.

APLO #2: Demonstrate an understanding of the applicable history, progressions, strategies, current research, safety, and etiquette appropriate to water safety instruction.

APLO #3: Demonstrate a positive change in personal fitness resulting from aquatic skill development to health-related fitness components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

APLO #4: Demonstrate an understanding of the benefits of acquisition of aquatic skills/water safety as it relates to physical and mental health.

Required Texts/Readings

American Red Cross Water Safety Instructor Candidate's Kit (includes Water Safety Instructor's manual, Swimming and Water Safety manual) will be provided through Canvas. Books will not be available in the bookstore.

Class and Assignment Protocol:

This class is going to be mostly asynchronous, and thus students will have to take responsibility for staying on top of all of the readings and assignments. We may have a couple additional synchronous classes later in the semester. These classes will be recorded in case students cannot attend. There will be two activity sessions each Friday with 5-6 students in each:

Session #1: 10 – 10:30am

Session #2: 10:40 – 11:10am

Session #3: 11:20 – 11:50am

We will have to use our entire class time to pool activity material due to the limited number of students allowed in the pool at a time. To help facilitate interactions, and to ensure that in this semi-online environment no one feels “alone”, you will have your small groups of 5 or 6 assigned to you by week 2. *More details to follow!*

The main way we will interact as a full class will be via either via Zoom or Canvas discussion boards. You will be required to post on the boards regarding the assigned material by Thursday at 12pm, a day prior to our class time. In addition, I will have dedicated times for office hours individually or even in groups via Zoom.

- Complete all reading assignments.
- Attend all class activity sessions.
- Participate in all activities.
- Intellectual property: Course materials developed by the American Red Cross (e.g., exam/ quiz items, videos, lecture notes).
- 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 limitations.
- Report any accidents to the instructor immediately.
- Places to practice: SRAC Pool recommended. Free for students via appointment.
- All course grades will be posted on Canvas by the end of finals week.
- Students may make up 1 missed class by doing a write-up assigned by the instructor.
- Written exam(s) and midterm(s) cannot be made up unless there is an emergency.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.

Assignments/Projects:

- Students must demonstrate at least four teaching assignments with the written block and lesson plan format to a small section of the class (Mini Lessons).
- Students must give a 5-10 minutes presentation on an aquatic topic.
- Students must give feedback regarding the performance of other students.

Grading Scale

20%	Mini-Lessons
5%	Aquatic Presentations
15%	Online Quizzes (3)
10%	Stroke Evaluation
20%	In-class Participation (discussions, participation in mini lessons, time devoted to improving skills)
30%	Written Final Exam

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/>

SPRING 2021 ONLINE PROTOCOLS AND INFORMATION

Exam Protocols

Exams will be proctored in this course through Respondus Monitor and LockDown Browser. Please note it is the instructor's discretion to determine the method of proctoring. If cheating is suspected the proctored videos may be used for further inspection and may become part of the student's disciplinary record. Note that the proctoring software does not determine whether academic misconduct occurred but does determine whether something irregular occurred that may require further investigation. Students are encouraged to contact the instructor if unexpected interruptions (from a parent or roommate, for example) occur during an exam.

Recording Zoom Classes

This course or portions of this course (i.e., lectures, discussions, student presentations) will be recorded for instructional or educational purposes. The recordings will only be shared with students enrolled in the class through Canvas. The recordings will be deleted at the end of the semester. If, however, you would prefer to remain anonymous during these recordings, then please speak with the instructor about possible accommodations (e.g., temporarily turning off identifying information from the Zoom session, including student name and picture, prior to recording).

Students are not allowed to record without instructor's permission. Students are prohibited from recording class activities (including class lecture, office hours, advising sessions, etc.), distributing class recordings, or posting class recordings. Materials created by the instructor for the course (syllabi, lectures and lecture notes, presentations, etc.) are copyrighted by the instructor. This university policy (S12—7) is in place to protect the privacy of students in the course, as well as to maintain academic integrity through reducing the instances of cheating.

Students who record, distribute, or post these materials will be referred to the Student Conduct and Ethical Development office. Unauthorized recording may violate university and state law. It is the responsibility of students that require special accommodations or assistive technology due to a disability to notify the instructor.

Technology Requirements

Students are required to have an electronic device (laptop, desktop, or tablet) with a camera and built-in microphone. SJSU has a free equipment loan program available for students. Students are responsible for ensuring that they have access to reliable Wi-Fi during tests. If students are unable to have reliable Wi-Fi, they must inform the instructor, as soon as possible or at latest one week before the test date to determine an alternative. See Learn Anywhere website for current Wi-Fi options on campus.

Zoom Classroom Etiquette

- Mute your microphone: To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
- Be mindful of background noise and distractions: Find a quiet place to "attend" class, to the greatest extent possible. Avoid video setups where people may be walking behind

you, people talking/making noise etc. Avoid activities that could create additional noise, such as shuffling papers, listening to music in the background, etc.

- Position your camera properly: Be sure your webcam is in a stable position and focused at eye level.
- Limit your distractions/avoid multitasking: You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and putting your smartphone away (unless you are using it to access Zoom).
- Use appropriate virtual background: If using a virtual background, it should be appropriate and professional and should NOT suggest or include content that is objectively offensive or demeaning.

Online Exams Testing Environment

- Setup: No earbuds, headphones, or headsets visible.
- The environment is free of other people besides the student taking the test.
- If students need scratch paper for the test, they should present the front and back of a blank scratch papers to the camera before the test.
- No other browser or windows besides Canvas opened.
- A workplace that is clear of clutter (i.e., reference materials, notes, textbooks, cellphone, tablets, smart watches, monitors, keyboards, gaming consoles, etc.)
- Well-lit environment: Can see the students' eyes and their whole face. Avoid having backlight from a window or other light source opposite to the camera.

Technical Difficulties

Internet connection issues: Canvas autosaves responses a few times per minute as long as there is an internet connection. If your internet connection is lost, Canvas will warn you but allow you to continue working on your exam. A brief loss of internet connection is unlikely to cause you to lose your work. However, a longer loss of connectivity or weak/unstable connection may jeopardize your exam.

Other technical difficulties: Immediately email the instructor a current copy of the state of your exam and explain the problem you are facing. Your instructor may not be able to respond immediately or provide technical support. However, the copy of your exam and email will provide a record of the situation.

Contact the SJSU technical support for Canvas. If possible, complete your exam in the remaining allotted time, offline if necessary. Email your exam to your instructor within the allotted time or soon after.

ecampus@sjsu.edu

Phone: (408)924-2337

<http://www.sjsu.edu/ecampus/support>

Academic Dishonesty

Students who are suspected of cheating during an exam will be referred to the Student Conduct and Ethical Development office and depending on the severity of the conduct, will receive a zero on the assignment or a grade of F in the course. Grade Forgiveness does not apply to courses for which the original grade was the results of a finding of academic dishonesty.

Course Calendar

(subject to change with fair notice by announcement on Canvas and/or email)

WEEK	COURSE CONTENT (ASSIGNMENTS, EXAMS/QUIZZES)	ACTIVITY CONTENT	CLASS METHOD	ASSIGNMENT DUE
1 – Jan. 29	Orientation, syllabus, course set-up	N/A	Asynchronous or synchronous	N/A
2 – Feb 5	General Program Administration, Overview of Books/Materials. (Chapter 1)	N/A	Synchronous	Discussion #1 on Chapter 1 Reading
3 – Feb 12	Promoting Effective Learning (Chapter 2)	N/A	Synchronous	Discussion #2 on Chapter 2 Reading
4 – Feb 19	Planning & Conducting Effective and Safe Lessons (Chapter 3)	N/A	Asynchronous or synchronous	Quiz #1 (Chapters 1, 2 & 3) Due at 11:59pm on 2/19
5 – Feb 26	Integrating Water Safety into the course (Chapter 4)	Swimming/ Stroke Evaluations	Asynchronous	Discussion #3 on Chapter 4 Reading
6 – March 5	Teaching People of Different Ages (Chapter 5) Video Review of Front Crawl	Practice of Front Crawl	Asynchronous	Scheduling of Mini Lessons
7 – March 12	Teaching People who Move, Learn, Communicate or Behave Differently (Chapter 6) Video Review of Back Stroke	Practice of Backstroke	Asynchronous	Quiz #2 (Chapters 4, 5 & 6) Due at 11:59pm on 3/12

8 – March 19	Parent and Child Aquatics Level 1 & 2, Preschool Aquatics 1-3 Video Review of Breaststroke	Practice of Breaststroke	Asynchronous	Submission of Presentation Proposals
9 – March 26	Learn-to-Swim Levels 1-6, Adult Swim Video Review of Side stroke, elementary backstroke	Practice of Side Stroke, Elementary Backstroke	Asynchronous	Discussion #4 on Chapters from Week 8 & 9
10 – April 2	SPRING BREAK			
11 – April 9	Water Rescue Chapter	Water Rescue Activity	Asynchronous	Discussion #5 on Water Rescue
12 – April 16	Adult Swimmer- Beginner to Fitness and Diving	Recap Class, Diving	Asynchronous	Quiz #3 (Chapters on PCA, PA, LTS, AS, WS) Due at 11:59pm on 4/16
13 – April 23	NO READING	Mini Lesson #1	ONLY ACTIVITY	Submission of Mini Lesson Plan 1 Due at 11:59pm on 4/23
14 – April 30	NO READING	Mini Lesson #2	ONLY ACTIVITY	Submission of Mini Lesson Plan 2 Due at 11:59pm on 4/30
15 – May 7	WSI Review for Final	Mini Lesson Re- Dos (if needed) All stroke re- evaluations	Asynchronous	Discussion #6
16 – May 14	PRESENTATIONS - ALL CLASS ONLINE SYNCHRONOUS - 9-11:50am			
FINAL	OPEN FROM MAY 19 TO MAY 23 (Timed, Open Book Final)			