

San José State University
Kinesiology 107(02) – Adapted Aquatics (1 credit)
College of Applied Sciences and Arts
Department of Kinesiology

Instructor: Dr. Jihyun Lee
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Office Hours: M 9:30am –11:30 am & by appointment
Class Days/Time: MW 1:30am -2:20am; Service-learning hours
will be individually assigned
Classroom: SPX 180 & Service learning at Timpany Center
(730 Empey Way, San Jose, CA 95128)

Course Description

Theories, techniques and practices in the instruction of persons with disabilities as they function in the aquatic environment.

Prerequisite: KIN 070 for majors/minors only or instructor consent.

MYSJSU Messaging and Canvas

In order to ensure that you receive all pertinent email communication, you must have a current and accurate email address in the MySJSU system. Please check to make sure your email is updated in MySJSU. You are responsible for regularly checking your emails and announcements posted on Canvas to learn of any updates. You can access the Canvas Learning Management System course login website at <http://sjsu.instructure.com>.

Copies of course materials such as the syllabus (greensheet), powerpoint slides, and major assignment instructions and guidelines can be found on Canvas. For more information on setting up your account go to:
<http://www.sjsu.edu/ecampus/students>.

Undergraduate Degree Program Learning Outcomes (PLO)

At the end of a Bachelor of Science degree program in the Department of Kinesiology, students should be able to:

1. obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.
2. Effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.

3. Apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.
4. Recognize and apply sustainable approaches as they relate to kinesiology.
5. Identify social justice and equity issues related to kinesiology for various populations.

Course Goals and Student Learning Objectives

Upon completion of KIN 107, through a high level of class participation and satisfactory completion of examinations, the student will demonstrate:

1. a philosophical understanding of the importance of aquatic activity for individuals with disabilities (PLO 1, 2, 3)
2. a basic knowledge of various disability categories and their implications toward aquatic activities (PLO 1, 2, 3)
3. skills in the establishment and implementation of an effective and safe adapted aquatic environment (PLO 1, 2, 3, 4)
4. a knowledge of various models of adapted aquatic and organizational development (PLO 1)
5. an awareness of appropriate facilities, equipment, and supplies for adapted aquatic programming (PLO 3, 4, 5)
6. skills in effective transfers and various teaching techniques/styles, including assessment and development of individualized instructional plans, that facilitate learning in an adapted aquatic environment (PLO 1, 2, 3, 4, 5)
7. a positive attitude towards and practical experiences in working with special populations in an aquatic setting (PLO 1, 2, 3, 4 5)

Course Requirements and Assignments

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>. All students have the right, within a reasonable time, to know their academic scores, to review their grade-dependent work, and to be provided with explanations for the determination of their course grades.

Required Text

There is no required text this semester. All materials will be uploaded on the course website.

Course Policy

Each student must actively engage in the learning process. Be an active learner by:

- attending each scheduled class;
- arriving on time;
- coming alert and ready to learn;
- being willing to take chances by speaking up in class;
- completing tasks given;
- collaborating with people at the fieldwork site;

- positively interacting with participants with disabilities;
 - conducting himself/herself professionally
 - Students who show unprofessional/disruptive behaviors (e.g., using electronic devices, texting, sleeping, chatting, browsing, reading/studying other materials) will be asked to leave the classroom/service-learning site.
1. Service-learning Activity Policy (Adapted Aquatics at Timpany Center)
 - a. attend each scheduled class, training and service-learning session (reschedule is not possible)
 - b. arrive on 10 minutes before each service-learning session;
 - c. bring a clipboard, pen, and note for observations
 - d. always have a swimming suit (one-piece) available for participation.;
 - e. refrain from doing anything that are not service-learning related (using cellphone, emailing, web surfing/browsing, readings for another class, text messages, etc.)
 - f. all headsets/ear buds must be removed upon entering the class/service-learning;
 - g. **no cell phone at all in the pool and deck area participants (children) are NOT allowed in the water without their instructor at anytime; Taking notes using electronic devices in the deck area is not permitted.**
 - h. no gum in the water
 - i. wear a plain blue shirt/t-shirt when you are in water (optional. No cotton please) or on the deck area.
 - j. use a tone of voice that expresses courtesy and respect when communicating parents/guardians and staff at Timpany Center.
 - k. Parking: students drive down Ginger where they will find a two-story parking structure that is free to park in. It is located right across the street from the center.
 2. Examination:
 - a. Exams will be administered only on the specified dates. No make-up exams are administered. However, the instructor reserves the right to give make-up exams because of unforeseen valid emergencies which can be officially documented in writing and notified to the instructor via email within 24 hours. Make-up work is only allowed upon presentation of valid medical or legal evidence.
 - b. Should a make-up exam be given, it may differ in style from the original exam. If a student has a conflict due to an excused absence the exam, the instructor can arrange for the exam to be taken before the test date.
 3. Assignments:
 - a. All assignments (except in-class assignments) must be typed and submitted to the proper submission folder in Canvas and as a hardcopy to the instructor.

- b. All assignments turned in late will result in a 10% grade reduction for each class day the assignment is late, unless a documented and compelling reason is provided.
 - c. All written work is intended to be the creation of the individual turning in the assignment; no student may use another student's work and claim it as his/her own. Correctly use referenced materials. Do not plagiarize. It is the role and obligation of each student to be aware of the University's Academic Integrity Policy (S04-12).
4. Email Etiquette:
- a. When communicating with the instructor via email, you must follow the etiquette below; otherwise the instructor reserves the right of not replying to your email.
 - b. Be sure to include a meaningful subject line; this helps clarify what your message is about and may also help the instructor prioritize reading your email.
 - c. Just like a written letter, be sure to open your email with a greeting such as Dear Dr. Lee.
 - d. Introduce yourself (your name and what class you are taking).

Evaluation Criteria (200 points):

Completion of Online Training and an online quiz (PLO 1, 2, 3, 5)	40
On-site workshop in the water (2 hours): demonstrating preparation; participation; punctuality; attitude (PLO 2, 3, 4)	30
Service-learning hours (6 hours) (PLO 1, 2, 3, 5)	60
Mid-point report (PLO 1, 2, 3, 5)	20
Final report (PLO 1, 2, 3, 4, 5)	50
Total	200

Grading Scale

Final course grade will be assigned according to the following scale based on the total accumulated percentage of available points during the semester.

A+ 98-100%	A 93-97%	A- 90-92%
B+ 88-89%	B 83-87%	B- 80-82%
C+ 78-79%	C 73-77%	C- 70-72%
D+ 68-69%	D 63-67%	D- 60-62%
F < 60%		

Library Liaison

Adriana Poo
adriana.poo@sjsu.edu
(408) 808-2019
(408) 808-2100 Reference Desk
(408) 808-2470 Student Computer Service

University Policies

Please note that detailed information about the following information can be found at www.sjsu.edu/gup/syllabusinfo/ Please familiarize yourself with this information.

- General Expectations, Rights and Responsibilities of the SJSU Student
- Dropping and Adding
- Consent for Recording of Class and Public Sharing of Instructor Material
- Academic integrity
- Campus Policy in Compliance with the American Disabilities Act
- Student Technology Resources
- SJSU Peer Connections
- SJSU Writing Center
- SJSU Counseling and Psychological Services
- **Students with Disabilities:** "If you need course adaptations or accommodations because of a disability, or if you need 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 AEC to establish a record of their disability." Academic Senate Policy F06-

Course Schedule

* Schedule is subject to change

* Changes will be announced in class and/or posted on Canvas

Date	Topic	Tasks
8/23(W) SPX180 1:30pm	Orientation	1. Select a pool-based training session 2. KIN 107 Waiver
8/30 (W) SPX180 1:30pm	Scheduling & Assignments	Submit your Schedule Request Form(A) (you will be notified by 9/4)
9/1 (F)	Online Training (Canvas)	Online training due (2 quizzes)
9/2 (S) & 9/9 (S) Timpany Center	Pool-based Training	TBA. A 2 hour training. 9/2 (9-11am); 9/9 (3-5pm)
First 6 Weeks (6 sessions): 9/11(M)- 10/21 (S) Second 6 Weeks (6 sessions): 10/30 (M) – 12/16 (S) *Expect 1 hour per lesson: arriving 15 min early to gather equipment, communicate with your TC instructor. Each lesson is 35 min. After each lesson, communicate with parents/guardians and clean the area for the next lesson.		
Week 1: Introduction & Deck Observations	<ol style="list-style-type: none"> Meet TC instructor and swim lesson participant Review Adapted Swim Program Information Sheet (B) that are provided by parents/legal guardians Observe their assigned TC instructor and swim lesson participant from the deck (*a deck observation note) 	<ol style="list-style-type: none"> Review Adapted Swim Program Information Sheet (B) Instructor Observation Form (C)
Week 2-3: Pool Observations	<ol style="list-style-type: none"> Observe their assigned TC instructor and swim lesson participant from in the pool Student may assist with the lesson, acting as a secondary 	<ol style="list-style-type: none"> Water Orientation Checklist (D) Beginning Competency Levels of Swimming (E) Midpoint report (by the Week 3) A lesson plan for Week 4 submitted to your TC instructor by Week 3
Week 4-6: 2 sessions: Assisted Teaching 1 session: Independent Teaching	<ol style="list-style-type: none"> Teach two lessons on your own while TC is assisting your instruction. Teach the final lesson on your own while TC is evaluating your instruction. Participant's progress will be discussed with TC & parents/legal guardians Preparing Final Report 	* A lesson plan required for each session (lessons 4-6). Your draft lesson plan should be submitted to your TC instructor a week prior to the lesson for their feedback and revision.
12/11 (M) SPX180 1:30pm	<ol style="list-style-type: none"> Final meeting & wrapping up 	<ol style="list-style-type: none"> Final Report is due 12/11(M) or 12/18 (W): Include an overview (F); 3 lesson plans (G); evaluation sheet (C); Aquatic Program Evaluation Form (H)