

**San José State University**  
**Kinesiology**  
**Spring 2022 (rev), KIN 11A Beginning Rowing**

**Contact Information**

Instructor:	Shirley H. M. Reekie, PhD
Office Location:	SPX 173K (but my office hours will be by appt online)
Telephone:	408 924 3020 (faster response if you contact me by email)
Email:	<a href="mailto:shirley.reekie@sjsu.edu">shirley.reekie@sjsu.edu</a>
Office Hours:	Via Zoom by arrangement, or after class
Class Meetings & location	First meeting Jan 27 on Zoom Second meeting Feb 1 at SPX 180 (pool near courtyard) for swim test Then via Zoom Feb Feb 3, 8, and 10. From Feb 15 onwards at Lexington Reservoir, Los Gatos (for directions, see below)
Prerequisites:	1. Swim 100 yards without stopping (any “style”!) 2. Stay above water for 5 minutes (any unaided method) and put on PFD (lifejacket) while in the water. Testing for this will be at the Feb 1 <sup>st</sup> meeting, which is <b>mandatory</b> . Wear swimsuit to class so you are dressed ready to swim and leave immediately afterwards.

Check out the class rowing video: <https://www.youtube.com/watch?v=4uHaxz9f-vg>

**Course Description**

Basic skills and knowledge for those with little/no experience of rowing. Initial classes will be on indoor rowing machines (but these will be positioned outside for safer usage\*), then team boats will be used (likely eights). Improvement of strength/fitness is central.

\*(Description slightly changed during COVID)

**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 or rowing (be able to recognize what makes for effective technique)
- Proficiency in execution of the rowing skills covered (ability to self-critique/correct)

- An understanding of the history, rules, strategies, current research, safety and etiquette associated with rowing
- An understanding of the mental and physical health benefits to be derived from rowing
- 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 successful completion of the class, students will 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
- KIN majors only should consider the links between this activity class and scholarship in the field of Kinesiology

### **Text/Readings**

Reekie, Shirley H. M. *Beginner's guide to rowing*. Link to the course reader is on Canvas. Quizzes are based largely on readings and will be held unannounced at the start of some classes.

### **Course Content**

- a. types of rowing: sweep and sculling; Olympic and collegiate rowing history
- b. types of shells: 1x, 2x, 4x, 2-, 4-, 4+, 8+
- c. age group rowing; heavy and lightweight rowing
- d. sweep rowing basic technique (sculling if necessary)
- e. theory of sweep rowing and coxing
- f. safety considerations
- g. weather concerns
- h. places to row in the SF Bay area
- i. training techniques, and drills, both on and off the water
- j. terminology
- k. equipment selection and use
- l. concepts of benefits of regular physical fitness

### **Course Notes**

- SOCIAL DISTANCING (6' APART) MAY BE REQUIRED. MASKS MAY HAVE TO BE WORN WHEN NOT ACTIVELY WORKING OUT
- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Cell phones/wallets etc. should put away for the duration of the class, car keys may be left in the boat house. 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
- 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 or equipment issues to the instructor immediately

## Course Requirements, Assignments, and Grading

Activity	Percentage
Active participation*	30% (1 pt per class)
Midterm (written)	10% (approx 7 <sup>th</sup> wk of class)
Quizzes based on readings	10% (as needed; not announced in advance)
Final (written)	20% (date/place TBD)
Practical evaluation on water	15% (ongoing)
Erg tests (3 @ 5% each)	15% (dates TBD; 3 total, roughly monthly)

Grades: A = 100-90%, B = 89-80%, C = 79-70%, D = 69-60%, F = less than 60%

\* means showing up on time and actively erging, coxing or rowing

No extra credit is available; late work will not be accepted except for serious and compelling reason and with appropriate written explanation.

## Meeting place

Los Gatos Rowing Club on Lexington Reservoir; 280 north to highway 17 south, exit at Bear Creek Road, return on highway 17 north, and exit at first exit – Alma Bridge Road; boat house is 2 miles on right (look for sign that says LGRC/SCU; do NOT park in public lot near dam). Free parking. Students are responsible for arranging their own transportation. My cellphone number: given out in class.

## 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, or as dictated by weather/COVID)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1 Zoom	Introductions; syllabus explanation; COVID concerns and outcomes
2 T pool Th Zoom	Tuesday: Indoor pool for swim test, treading water test. Thur: Zoom-- Theory of rowing; history of rowing; FITT training
3 Zoom	Theory of rowing; history of rowing; FITT training
4 LGRC	Intro to erging training; individual video analysis
5 “	Intro to erging training; individual video analysis; erg test #1
5 “	Erging, then introduction to carrying, launching, boarding, and basic rowing in eight; drills
6 “	Continuation of rowing/coxing; fitness goals; drills
7 “	Midterm approx. date TBD; drills
8 “	Erg test #2; gradually add power to rowing on feather; drills
9 “	History of rowing; etiquette of rowing; rules of racing; drills
10 “	Review of fitness goals; drills
11 “	Weather concerns; safety concerns; rules of rowing racing; Olympic rowing
12 “	Video of on water rowing for review; Introduction to basic racing; catch up
13 “	Erg test #3; racing on water
14 “	Catch up if needed
15 “	Catch up if needed

### 2k test scores/points

Men (all or best)	Women (all or best)
<7:30 = A (all = 15) 7:31-7:45 = B (7:31-7:35 = 14; 7:36-7:40 = 13; 7:41-7:45 = 12) 7:46-8:10 = C (7:46-7:53 = 11; 7:54- 8:01 = 10; 8:02-8:10 = 9) 8:11-8:50 = D (8:11- 8:23 = 8; 8:24-8:36= 7; 8:37-8:50= 6) >8:50 = F (all= 5)	<8:30 = A (all=15) 8:31-8:45 = B (8:31-8:35=14; 8:36-8:40=13; 8:41-8:45=12) 8:46-9:10 = C (8:46-8:53 = 11; 8:54- 9:01 = 10; 9:02-9:10 = 9) 9:11-9:50 = D (9:11- 9:23 = 8; 9:24-9:36= 7; 9:37-9:50= 6) >9:50 = F
Lightweight men (under 160 lbs) or under 5’8”: <8:00 = A (all=15) 8:01-8:15 = B (8:01-8:05=14; 8:06-8:10=13; 8:11-8:15=12) 8:16-8:40 = C (8:16-8:23=11; 8:24-8:31=10; 8:32-8:40=9) 8:41- 9:20 + D (8:41-8:53=8; 8:54-9:06=7; 9:07-9:20=6) >9:20 = F (all =5)	Lightweight women (under 130 lbs) or under 5’4”: <9:00 = A (all=15) 9:01-9:15 = B (9:01-9:05=14; 9:06-9:10=13; 9:11-9:15=12) 9:16-9:40 = C (9:16-9:23=11; 9:24-9:31=10; 9:32-9:40=9) 9:41-10:20 = D (9:41-9:53=8; 9:54-10:06=7; 10:07-10:20=6) >10:20 = F (all=15)

