

**San José State University**  
**Kinesiology**  
**Spring 2022, KIN 2A Beginning Swimming**

**Contact Information**

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Office Hours: Monday and Wednesday 12:00-1:00pm

Class Meetings: SPX 180 (Indoor pool)

Sections 1,2,3,4,5

**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.

- **Important please read.** There may be two grading criteria. One if remain meeting face to face, and two if we go back to shelter in place. If we got to shelter in place without face to face meetings then the course becomes more theoretical. All information will provided either through Canvas and/or SJSU email.
- There is a Liability Release Form posted on Canvas that needs to be completed.
- We will be meeting at the SPXE 180 the indoor pool. I will demonstrate or explain skills for the day. Students will get in and practice those skills.

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- Covid Rules. **Do not attend class if you are experiencing Covid symptoms.**
  - Face masks are to be worn at all times, except when you are in the pool.
  - There locker room facilities, but there are both men's and women's restroom located close to the pool.
  - While on the pool deck, everyone must maintain proper physical distance from each other of at least 6 feet.
  - There is no shared equipment kickboards, pull buoys etc.
  - Anything that you touch other than personal items needs to be wiped down. Spray and per towels provided.

<http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

### **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,

Upon successful completion of the course, the student will be able to:

1. perform basic aquatic skills. (included, but not limited to increased comfort level below the water, front float and recovery, back float and recovery, front and back glides)
2. introduction and development of the
  - A elementary backstroke
  - B backstroke
  - C front crawl
3. an introduction to the physiologic and hydro dynamic principles associated with swimming.
4. incorporate the positive effects of sport through movement, and enjoy the rich socio-cultural diversity at San Jose State University.

- A. Knowledge of fundamental skills, techniques related to beginning swimming.
- B. Proficiency in execution of the beginning swimming skills covered.
- C. An understanding of the history, rules, strategies, current research, safety and etiquette associated with swimming.
- D. An understanding of the mental and physical health benefits to be derived from swimming, and physical activity.
  
- E. 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 completion of the physical activity graduation requirement, students shall be able to:

- 1 Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- 2 Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- 3 Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Requirements	Percentage of Grade	SLO	APLOS
Active Participation	30%	1,2	1
Quiz 1	10%	2 A ,2 B	1
Quiz 2	10%	2 C	1, 2
Quiz 3	10%	4 D	1
Swim Practicum	30% (10% each stroke)	2	1
Final Exam	10%	4 E	3
Water Safety Unit			

Course Requirements	Percentage of Grade	SLO	APLOS

### Text/Readings

Course information will be uploaded to Canvas.

### Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. 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 to the instructor immediately.
- **There is an inherent risk of injury with any physical activity. The student should be aware of this potential for injury and follow all safety rules and procedures. In addition to, but not limited to wearing activity appropriate clothing and footwear.**

### KIN 2 Alternate Day Activities if we return to Lockdown

SRAC- Students can make a reservation during lap swim hours on the [Spartan Recreation](#) website and signing into their member portal. They just need to follow the steps on the website. There are only six available slots per hour. A reservation is for 45-minutes. It is first come, first serve.

Dryland Training: can include a cardio-respiratory endurance workout like running, walking, and/or cycling, or a muscular strength or muscular

endurance workout which may include but not limited to pushups, pull-ups, squats, and lunges. Additionally core training exercise can be done including but not limited to abdominal training, and or plank variations

### Study course documents.

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

Quizzes are multiple choice, and Final is short answer. Both quizzes and Final are to be taken on Canvas.

#### **Grading**

##### **Grading Plan -**

- 10% Quiz 1 Elementary Backstroke
- 10% Quiz 2 Backstroke
- 10% Quiz 3 Front Crawl
- 30% Swim Practicum (10% each stroke)
- 10% Final - Components of Health Related Fitness
- 30% Active Participation (swimming specific group activity drills and practicing of swimming skills)

##### Course Information & Absence Policy

- Students may make up missed quizzes up to one week after quiz closing date, **except Final Exam.**
- Drop requests will not be accepted after the SJSU drop deadline
- Outings/assignments completed for another class cannot be counted for this course.
- Active participation is defined as participating in the water.

**Grading Scale used to determine letter grade for each component above.**

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

<b>Percentage</b>	<b>Equivalent Grade</b>
97% - 100%	A+
93% - 96.9%	A
90% - 92.9%	A-
87% - 89.9%	B+
83% - 86.9%	B

Percentage	Equivalent Grade
80% - 82.9%	B-
77% - 79.9%	C+
73% - 76.9%	C
70% - 72.9%	C-
67% - 69.9%	D+
63% - 66.9%	D
60% - 62.9%	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/>

### Tentative Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Introduction to basic aquatic skills, front/back, float, and front/back glides
	Streamline, flutter kick on back, flutter kick on front
2	Elementary backstroke arm pull
3	Whip kick <b>Quiz 1</b> Elementary Backstroke
4	Elementary Backstroke Swim Practicum

Week	Course Content (Assignments, Exams/Quizzes, ...)
5	Backstroke
6	Backstroke
7	Backstroke
8	Backstroke Swim Practicum <b>Quiz 2</b> Backstroke
9	Front crawl
10	Front crawl
11	Front crawl
13	<b>Quiz 3</b> Front Crawl
14	Front Crawl Swim Practicum
15	Water Safety Week
16	Final Exam during University Final Exam Schedule 5/16/02-5/24/02





