USC **Course ID and Title – SWIMMING 110A**

**Term – Day - Time – Fall 2014**

**Classes Offered: MW 9am, 10am, 11am**

**TuTh 8am, 9am, 10am, 11am**

**Location:** PHED 210 on first day – PHED Pool 2nd Day

**Instructor:** Tom Slaughter

**Office:** PHED 108

**Office Hours:** MW 8am – 9am, TuTh 12pm – 1pm

**Contact Info:** Email [tslaught@usc.edu](mailto:tslaught@usc.edu) Phone: (213) 741-5253

**Course Description**

This course is designed for non-swimmers and novice swimmers who are not safe in deep water as well as proficient swimmers with competitive experience.

**Learning Objectives**

At the completion of the course students will:

1. Develop sufficient swimming skills so that they will become reasonably safe while in,

on, or around water.

1. Develop body control and kinesthetic awareness through basic skills in swimming.
2. Become familiar with preventive water safety techniques, elementary non-swimming rescue skills and breathing methods for use in aquatic emergency situations.
3. Be able to utilize basic swimming skills as a carryover activity and prerequisite for a program of total physical conditioning.

**Prerequisites: NONE**

**Co-Requisite/Concurrent Enrollment: NONE**

**Recommended/Preparation: NONE**

**Course Notes**

Grading is by ABC, Pass/No Pass, or Audit for no credit (student preference).

**Technological Proficiency and Hardware/ Software Required – None**

**Required Readings and Supplementary Materials**

All required reading will be handed out and discussed in class lectures by the instructor.

**Description and Assessment of Assignments**

Assignments will be discussed in class using lectures and handouts. Students will have one week to complete written assignments. Points will be assigned to each assignment.

**Grading Breakdown**

**ASSIGNMENT POINTS % OF GRADE**

Midterm Exam 50 33 1/3

Final Exam 50 33 1/3

Participation (Attendance) 30 20

Timed Swims & Improvement 20 13 1/3

TOTAL 150 100

**Assignment Submission Policy**

One written assignment is due in week number 13 following a lecture about Interval Training.

**Additional Policies**

All students registering for this class for credit are expected to attend regularly. Students will begin to lose participation points at the rate of one point per absence after two unexcused absences. The unexcused absence from a midterm or final exam will result in the lowering of the student’s grade on the makeup exam by one letter grade.

(2)

**Miscellaneous**

Lockers are provided at no charge. Students must provide their own combination lock. These lockers are for use during the semester of enrollment in the aquatic activity only. Lockers are assigned in PHED 108.

**Lost & Stolen Articles**

USC Physical Education is not responsible for any personal lost, stolen, or damaged property. If students choose to bring valuables to class, it is recommended that they be locked up and secured during class.

**Course Schedule: A Weekly Breakdown**

WEEK 1 Warm-up exercises & swim test

Use of fins, kickboards,& pull buoy

Introduction to front crawl stroke

WEEK 2 Front crawl breathing patterns – alternate breathing

Introduction to back crawl stroke

WEEK 3 Introduction to front & back flip turns

WEEK 4 Conditioning in front & back crawl

Timed swim – 100yd Fr & 50yd Bk

WEEK 5 Teach the 3 surface dives

Conditioning in front & back crawl

WEEK 6 Introduction to whip kick on the back

Teach elementary backstroke

WEEK 7 Teach 3 kicks used in treading water

Lecture: Safety Around the Water (handout)

Review for midterm exam

WEEK 8 Conditioning

Midterm Exam

WEEK 9 Introduction to breaststroke

Timed Swim – 100yd Fr & 50yd Bk

WEEK 10 Conditioning in front crawl, back crawl, breaststroke and elementary backstroke

WEEK 11 Introduction to sidestroke

Conditioning swim – over distance

WEEK 12 Introduction to butterfly

Introduction to individual medley

WEEK 13 Lecture & handout – interval training – assign students to write a workout

Timed swim – 100yd IM & 50yd Fr

WEEK 14 Conditioning swim – all strokes

Written workout due

Review for final exam

WEEK 15 Conditioning swim and relay swimming

Final exam on last day of class

(3)

**Statement for Students with Disabilities**

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (or to TA) as early in the semester as possible. DSP is located in STU 301 and is open 8:30am – 5:00pm, Monday through Friday. Website and contact information for DSP: <http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html> (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) [ability@usc.edu](mailto:ability@usc.edu).

**Statement on Academic Integrity**

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one’s own academic work from misuse by others as well as to avoid using another’s work as one’s own. All students are expected to understand and abide by these principles. SCampus, the Student Guidebook, ([www.usc.edu/scampus](http://www.usc.edu/scampus) or <http://scampus.usc.edu>) contains the University Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

**Emergency Preparedness/Course Continuity in a Crisis**

In case of a declared emergency if travel to campus is not feasible, USC executive leadership will announce an electronic way for instructors to teach students in their residence halls or homes using a combination of Blackboard, teleconferencing and other technologies.