

**Instructor:** Sarah Hayes, C.S.C.S

**Email:** sarahhay@usc.edu

**Office:** PED 106D

**Office Hours:** By appointment

**Phone:** 213-740-6153

**Class Meeting Location: PED Pool** (PED 210 on FIRST DAY of classes)

**Course Description:**

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

**Program Objectives:**

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

1. Define the various health components of fitness.

2. Recognize the physical and mental benefits of increased activity.

3. Understand anatomy, basic bio mechanical principles and terminology.

4. Determine factors involved with development, fitness levels and training strategies.

5. Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health.

**Students will be exposed to a variety of activities providing them the opportunity to:**

1. Apply learned fundamental skills.

2. Utilize physical activity as a tool to manage stress.

3. Empower themselves by setting and working toward realistic individual goals.

4. Participate in motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

5. Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

1. Understand and utilize various training methods.

2. Assess individual level of fitness components.

3. Create a safe, progressive, methodical and efficient activity based plan to enhance improvement and minimize

risk of injury.

4. Identify common health and fitness myths along with trends involved with the evolving nature of physical

education.

5. Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

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

* **Prerequisites**: NONE
* **Recommended/Preparation**: NONE
* **Technological Proficiency and Hardware/ Software Required:** NONE

**REQUIRED READINGS AND SUPPLEMENTAL MATERIALS:**

All required reading will be handed out and discussed in class lectures by the instructor. **Blackboard™** [**https://blackboard.usc.edu**](https://blackboard.usc.edu) will be used in addition to class handouts. Class information will be posted on the blackboard, as well as resources.

**DECRIPTION OF ASSIGNMENTS & GRADING**

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:** Letter grade, Pass/No Pass, or Audit for no credit (student preference).

**ASSIGNMENT SUMBISSION**

One written assignment is assigned in week number 11 and **due week 12** following a lecture about Interval Training.

**EQUIPMENT, LOCKERS, LOST & STOLEN ARTICLES**:

* Please bring your own swim cap, goggles, and swimsuit.
* USC Physical Education IS NOT responsible for any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and Lyons Center.

**Academic Accomodations**:

Students requesting academic accommodations based on disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday – Friday, 8:30am – 5:00pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

**General Guidelines for Practice & CLASS POLICIES:**

* Wear your swimsuit, goggles, and swim cap.
* It is recommended that you avoid swimming on a full stomach to prevent discomfort. In general, wait 2-3 hours after a meal or one hour after a light snack.
* **Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy - on the first class meeting. If you develop any new injuries, health problems, and medical conditions and/or become pregnant during the semester, you must inform your instructor.**

**Attendance:**

Because this is a Physical Education course, regular attendance is required for the participation portion of the grade, and is a large component of your final grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice – this is especially true of 50-minute class sections. If you are late or leave early, you will only receive partial credit for attending the class. You will be expected to attend the section for which you are enrolled. Make-ups are not allowed except for emergency situations and then only upon approval from instructor.

\***Extra credit work and make-up work are not available unless noted by instructor**. **You cannot make-up the Midterm and Final**. It is your responsibility to attend class consistently and fulfill the requirements of this course.

**EVALUATION CRITERIA:** \*Midterm & Final Exam testing locations will be announced

|  |  |  |
| --- | --- | --- |
| **ASSIGNMENT** | **POINTS** | **Percentage** |
| Midterm Exam | 50 | 20% |
| Final Exam | 50 | 20% |
| Attendance & Participation | 30 | 30% |
| Assignments: #1  #2 | 5  5 | 10%  10% |
| Timed Swims & Improvement | 10 | 10% |
| **TOTAL** | **150 points** | **100%** |

**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

**Assignment #1 assigned**

**WEEK 3** Introduction to front & back flip turns

**WEEK 4** Conditioning in front & back crawl

Timed swim – 100yd Fr & 50yd Bk

**Assignment #1 DUE**

**WEEK 5** 3 surface dives (in water)

Conditioning in front & back crawl

**WEEK 6** Introduction to whip kick on the back

Elementary backstroke

**WEEK 7** 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

**Assignment #2 assigned**

**WEEK 11** Introduction to sidestroke

Lecture & handout – interval training – Assignment: students write a workout

**WEEK 12** Introduction to butterfly

Introduction to individual medley

**Assignment #2 DUE**

**WEEK 13** Diving into the water – seated, kneeling, standing

Timed swim – 100yd IM & 50yd Fr

**WEEK 14** Conditioning swim – all strokes

**Review for final exam**

**WEEK 15** Conditioning swim and relay swimming

**FINAL Exam on the last day of class**

\* Classes are subject to change in topic/activity

**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.

**Statement on Academic Conduct and Support Systems**

**Academic Conduct**

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences.  Please familiarize yourself with the discussion of plagiarism in SCampus in Section 11, Behavior Violating University Standards<https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>.  Other forms of academic dishonesty are equally unacceptable.  See additional information in SCampus and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university.  You are encouraged to report any incidents to the Office of Equity and Diversity <http://equity.usc.edu/> or to the Department of Public Safety <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>.  This is important for the safety whole USC community.  Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person.  The Center for Women and Men <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage [sarc@usc.edu](mailto:sarc@usc.edu) describes reporting options and other resources.

## Support Systems

A number of USC’s schools provide support for students who need help with scholarly writing.  Check with your advisor or program staff to find out more.  Students whose primary language is not English should check with the American Language Institute <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students.  The Office of Disability Services and Programs <http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html>provides certification for students with disabilities and helps arrange the relevant accommodations.  If an officially  declared emergency makes travel to campus infeasible, USC Emergency Information <http://emergency.usc.edu/>will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.