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

**Term – Day – Time – Summer 2017**

**Classes Offered: MW 10am – 11:20am**

**Location**: PHED Pool Patio in PHED Building

**Instructor**: Tom Slaughter

**Office:** PHED 106

**Office Hours:** MW 8am – 10am

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

**(310) 962-9216**

**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.**

**2. Develop body control and kinesthetic awareness through basic skills in swimming.**

**3. Become familiar with preventive techniques and 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**

**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**

**Additional Policies**

**All students registering for this class are expected to attend regularly. Students will begin to lose participation points at the rate of one point per absence after one unexcused absence. 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)

**Materials Needed**

Everyone needs a swimsuit (either one or 2 piece for women), a pair of goggles, swim cap (if you have long hair), and your own towel.

**Miscellaneous**

Lockers and combination locks are available for $5 or $10. These lockers are for use during the semester of enrollment in the aquatic activity. Lockers are assigned in room PHED 106. You may elect to bring your clothing and valuables with you onto the pool deck.

**Lost & Stolen Articles**

USC Physical Education is not responsible for any 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, and pull buoys

Introduction to front crawl & back crawl

WEEK 2 Introduction to front & back flip turns

Conditioning swim – front & back crawl

Introduction to elementary backstroke

Learn: 3 surface dives

Learn: 3 kicks in treading water

WEEK 3 Review for Midterm Exam

Conditioning Swim - Overdistance

Midterm Exam

WEEK 4 Introduction to Breaststroke & Sidestroke

5 Steps To Diving

Conditioning Swim

WEEK 5 Introduction to Butterfly & Individual Medley (IM)

Conditioning Swim

Relay Swimming

Review For Final Exam

WEEK 6 Final Exam Monday 6/27