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

 **Term – Day – Time – Spring 2018**

 **Classes Offered: MW 11am, 2pm**

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

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

 **Instructor**: Tom Slaughter

 **Office:** PHED 107

 **Office Hours:** MW 10am – 11am, TuTh 11am – 12pm

 **Contact Info: Email** tslaught@usc.edu **Phone:** (213) 821-5253 or (310) 962-9216 Cell

**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 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**

 **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 & Hardware-Software Required – NONE**

**Required Readings & Supplementary Materials**

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

**Description & 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 losing 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.**

**Materials Needed**

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

**Miscellaneous**

**Lockers and combination locks are available for $5 or $10. These are for use during the semester of enrollment in the aquatic activity**

**only. Lockers are assigned in PHED 106.**

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**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 buoys**

 **Introduction to the front crawl stroke**

**WEEK 2 Front crawl breathing patterns – alternate breathing**

 **Introduction to the back crawl stroke**

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

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

 **Timed swim – 100yds Fr & 50yds Bk**

**WEEK 5 Learn the 3 surface dives**

 **Conditioning in front & back crawl**

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

 **Teach elementary backstroke**

**WEEK 7 Learn 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 – 100yds Fr & 50yds Bk**

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

**WEEK 11 Introduction to sidestroke**

 **Conditioning swim – over distance workout**

**WEEK 12 Introduction to butterfly & individual medley**

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

 **Timed swim – 100yds IM & 50yds Fr**

**WEEK 14 Conditioning swim – all strokes**

 **Written workout due**

 **Review for final exam**

**WEEK 15 Conditioning swim & relay swimming**

 **Final exam on last day of class – Wed. 4/25/18 and Thur. 4/26/18**

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 **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 Part B, Section 11,” Behavior Violating University Standards” policy.usc.edu/scampus-part-b. https:scampus 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/>.

**Support Systems**

Student Counseling Services (SCS) - (213) 740-7711 – 24/7 on call. Free and confidential mental health treatment for students, including short term psychotherapy, group counseling, stress fitness workshops, and crisis intervention,

engemannshc.usc.edu/counseling.

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call

Free and confidential therapy services, workshops, training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

Sexual Assault Resource Center

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086

Works with faculty, staff, visitors, applicants, and students around issues of protected class. Equity.usc.edu

Bias Assessment Response and Support

Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. Studentaffairs.usc.edu/bias-assessment-response-support

The Office of Disability Services and Programs

Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

Student Support and Advocacy – (213) 821-4710

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. Studentaffairs.usc.edu/ssa

Diversity at USC

Information on events, programs and training, the Diversity Task Force (including representatives for each school),

chronology, participation, and various resources for students. diversity.usc.edu

USC Emergency Information

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. Emergency.usc.edu

USC Department of Public Safety – UPC (213) 740-4321 – HSC (323) 442-1000 – 24 hour emergency or to report a crime. Provides overall safety to USC community. dps.usc.edu