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

 **Term – Day – Time – Spring 2016**

 **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 7am – 8am

 **Contact Info: Email** tslaught@usc.edu **Phone:** (213) 821-5253

**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.**

 **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 willmethods**

 **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 the semester 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 108.**

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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 & 50 yds 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 & 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. 4/27/16 and Thur. 4/28/16**

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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 Section 11. Behavior Violating University Standards https:scampus.usc.edu/1100-behavior-violating-university-standards-and-appropiate-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://usc.edu/department-public-safety/online-forms/contact-us/>. This is

Important for the safety of the whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member can help 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 resource center webpage

sarc@usc.edu describes reporting options and other resources.

**Support Systems**

A number of USC’s schools provide support for students 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 or international graduate students. The Office of Disability Services and Programs <https://sait.usc.edu/academicsupport/centerprograms/dsphomeindex.htm> provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency make travel to the 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.