

PHED 110A – Swimming

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

Office: PED 107 – by appointment

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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 biomechanical 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> will be used in addition to class handouts. Class information will be posted on the blackboard, as well as resources.

DESCRIPTION OF ASSIGNMENTS & GRADING:

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

GRADING:

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

EQUIPMENT, LOCKERS, LOST & STOLEN ARTICLES:

- Please bring your own swim cap, goggles, swimsuit and towel.
- 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.

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.

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.

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 exception 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. S Campus, the Student Guidebook, (www.usc.edu/scampus or <http://scampus.usc.edu>) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Students requesting **academic accommodations** based on a disability are required to register with Disability Service 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, 8:30 am - 5:00 pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

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. 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

National Suicide Prevention Lifeline – 1 (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

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

Free and confidential therapy services, workshops, and 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 micro aggressions 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

IMPORTANT DATES:

3 rd week (Friday)	Last day to add / Last day to drop without a mark of "W" and receive a refund.
7 th week (Friday)	Last day to withdraw without a "W" on transcript or change pass/no pass to letter grade.
8 th week	Midterm Exam – on Blackboard.
12 th week (Friday)	Last day to drop with a mark of "W" on permanent record.
15 th week	Final Exam – on Blackboard on the last day of class.

EVALUATION CRITERIA:

*Midterm & Final Exams will be posted and taken on Blackboard.

ASSIGNMENT	POINTS	Percentage
Midterm Exam	50	20%
Final Exam	50	20%
Attendance & Participation	30	30%
Assignments: #1	5	10%
#2	5	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 / freestyle breathing patterns – alternate breathing Introduction to back crawl stroke <u>Assignment #1 assigned</u> – freestyle & backstroke video analysis
WEEK 3	Introduction to front & back flip turns
WEEK 4	Conditioning in front & back crawl Timed swim – 100yd Fr & 50yd Bk <u>Assignment #1 DUE</u>
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 <u>MIDTERM Exam</u> – posted on Blackboard the second day of class this week
WEEK 9	Introduction to breaststroke Timed Swim – 100yd Fr & 50yd Bk
WEEK 10	Conditioning in front crawl, back crawl, breaststroke and elementary backstroke <u>Assignment #2 assigned</u> – breast stroke & butterfly video analysis
WEEK 11	Introduction to sidestroke Lecture & handout – interval training – Assignment: students write a workout
WEEK 12	Introduction to butterfly Introduction to individual medley <u>Assignment #2 DUE</u>
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 <u>FINAL Exam</u> – posted on Blackboard on the last day of class

* Classes are subject to change in topic/activity