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

***Term – Day – Time – Spring 2020***

***Classes Offered: MW 9am, 10am, 11am***

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

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

***Instructor****: Tom Slaughter*

# Office: PHED 107

***Office Hours:*** *MW 8am – 9am, TuTh 10am – 11am*

***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: Download – Red Cross Water Safety File – pdf of Red Cross Swimming Manual Required Readings & Supplemental Materials From Your Internet Browser – Go to Google, type – Red Cross Water Safety Text-then enter. This will bring up the “Water Safety Textbook” (Search the Table of Contents for any water safety skill you wish) Course Notes***

***Grading is by ABC, Pass/No Pass, or Audit for no credit (student preference).***

# 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 25*

*Final Exam 50 25*

*Participation (Attendance) 60 30*

*Timed Swims & Improvement 40 20*

*TOTAL 200 100*

***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 swim goggles, a swim cap if you have long hair, and a towel.***

# Miscellaneous

***Lockers and combination locks are available for $5 or $10 rental for the semester. These are for use during the semester of enrollment in the aquatic activity only. Lockers are assigned in PHED 107. Showers and restroom facilities are provided for your convenience.***

***(2)***

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 MLK Holiday on 1/20 No Class.*** |
| ***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. Presidents Day Holiday 2/17 No Class.*** |
| ***WEEK 7*** | ***Learn 3 kicks used in treading water*** |
|  | ***Lecture: Safety Around the Water (handout)*** |
|  | ***Review for midterm exam*** |
| ***WEEK 8*** | ***Conditioning*** |
|  | ***Midterm Exams on Wednesday, 3/4 and Thursday, 3/5*** |
| ***WEEK 9*** | ***Introduction to breaststroke*** |
|  | ***Timed Swim – 100yds Fr & 50yds Bk***  ***SPRING BREAK – 3/15 -3/21*** |
| ***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*** | ***Extra Credit Lecture & handout – interval training – assign students to write a workout*** |
|  | ***Timed swim – 100yds IM & 50yds Fr*** |
| ***WEEK 14*** | ***Conditioning swim – all strokes*** |
|  | ***Extra Credit written workout due*** |
|  | ***Review for final exam*** |
| ***WEEK 15*** | ***Conditioning swim & relay swimming*** |
|  | ***Final exam on last day of class – Wed. 4/1/20 and Thur. 4/2/20. You must take and pass the final exam in order to pass this class.*** |

***(3)***

***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/.*](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*