

**Office Hours:** By appointment  
**Contact Info:** grundman@usc.edu

### **Course Description**

This course is designed for non-swimmers and novice swimmers as well as proficient swimmers with competitive experience to gain skills ranging from water safety to workout building.

### **Physical Education Program Objectives**

- ❖ **Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**
  - ❖ Define the various health components of fitness.
  - ❖ Recognize the physical and mental benefits of increased activity.
  
- ❖ **Students will be exposed to a variety of activities providing them the opportunity to:**
  - Utilize physical activity as a tool to manage stress.
  - ❖ Empower themselves by setting and working toward realistic individual goals.
  - ❖ Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
  - ❖ Participate in active learning to stimulate physical education, health and fitness.
  
- ❖ **Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**
  - ❖ Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.
  - ❖ Participate in active learning to stimulate continued inquiry about physical education, health and fitness.
  - ❖ Understand and utilize various training methods.
  - ❖ Assess individual levels of fitness components.

### **Learning Objectives**

At the completion of the course students will:

1. Develop sufficient swimming skills so that they will become safer and more comfortable 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.
4. Be able to utilize basic swimming skills as a carryover and prerequisite for a program of total physical conditioning.

**Prerequisite(s):** None

**Co-Requisite (s):** None

**Concurrent Enrollment:** None

**Recommended Preparation:** None

### **Course Notes**

Grading is by letter grade, Pass/No Pass, or Audit for credit per student preference.

To be considered present in class, students must wear athletic swimsuits, a cap (or long hair tied back and away from face), goggles and towel. Bringing a water or sports drink is highly encouraged. Jean shorts, sweat shorts, and T-shirts are examples of inappropriate swim attire and will not be permitted. Absences for illness must be documented by your doctor or the USC health office. Students who are not able to participate or who are not dressed properly will be marked absent. Absences for studying, parking problems, exams, interviews, etc. will not be excused.

Regular attendance and regular active participation 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 the instructor.

*\*Extra credit work and make-up work are not available unless noted by instructor.*

*You cannot make-up the Midterm or Final Exams.*

It is your responsibility to attend class consistently and fulfill the requirements of this course.

### **Technological Proficiency and Hardware/Software Required**

None

### **Required Readings and Supplementary Materials**

All required reading will be provided via Blackboard or in class.

### **Description and Assessment of Assignments**

Assignments will be discussed in class using lectures. Students will have one week to complete written assignments. Points will be assigned to each assignment and points will be deducted (10%) for each class session the assignment is late.

### **Grading Breakdown**

Midterm Exam

30

Final Exam	30
Active Participation/Attendance	30
Assignment	5
Timed Swims & Improvement	5
<b>TOTAL</b>	<b>100</b>

### **Assignment Submission Policy**

One Written assignment is due in week number 13 following a lecture about Interval Training. Students must be present for both timed swim days and show improvement to gain the 40 points for improvement.

### **Additional Policies**

All students registering for this class for credit are expected to attend regularly. 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.

All students registering for this class for credit are expected to attend regularly. Students will begin losing participation points. After two unexcused absences, participation percentage will be equivalent to attendance percentage (not counting excused absences).

Lockers may be used per day or rented for semester use from the PED office. These lockers are for use during the semester of enrollment in the aquatic activity only. Lockers are assigned in PED 107.

### **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 minimized, locked up, and secured during class.

### **Course Schedule: A Weekly Breakdown**

**WEEK 1**      *Warm-up exercises & individual swim test*  
*Use of fins, kickboards & pull buoys*  
*Introduction to front crawl stroke (Freestyle)*

**WEEK 2**      *Front crawl breathing patterns – alternate breathing*  
*Introduction to back crawl stroke (Backstroke)*

- WEEK 3**      *Introduction to front & back flip turns*
- WEEK 4**      *Conditioning in front & back crawl  
Timed swim – 100yd Fr & 50yd Bk*
- WEEK 5**      *Learn the 3 surface dives  
Conditioning in front & back crawl*
- WEEK 6**      *Introduction to whip kick on the back  
Learn elementary backstroke*
- WEEK 7**      *Learn 3 kicks used in treading water  
Lecture: Safety Around the Water (Blackboard)  
Review for Midterm Exam*
- WEEK 8**      *Conditioning  
Midterm Exam*
- WEEK 9**      *Introduction to Breaststroke  
Timed Swim – 100yd Fr & 50yd Bk  
Spring Break*
- 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  
Introduction to Individual Medley*
- WEEK 13**      *Lecture– interval training – components of a swim workout  
students write a workout  
Timed swim – 100yd IM & 50yd Fr*
- WEEK 14**      *Conditioning swim – all strokes  
Written workout due  
Review for Exam II*
- WEEK 15**      *Conditioning swim and relay swimming  
Exam II*

**\*Note:** Classes are subject to change in topic/activity

### **Statement for Students with Disabilities**

*Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (or to TA) as early in the semester as possible. DSP is located in STU 301 and is open 8:30am – 5:00pm, Monday through Friday. Website and contact information for DSP: [http://sait.usc.edu/academicsupport/centerprograms/dsp/home\\_index.html](http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html) (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) [ability@usc.edu](mailto:ability@usc.edu).*

### **Statement on Academic Integrity**

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

### **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.*

## **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://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://dps.usc.edu)*