Course Name	**Beginning Swimming Fall 2021**
Class and Section	**PHED 110A Section 49739**
Class Meeting Day and Time	**Tuesday & Thursday** **8:00-8:50am**
Location	**PED Pool 2nd Day (PED 210 1St Day)**
Instructor and Contact Info	**Ian Culbertson** e-mail: **iculbert@usc.edu** Office: **PED 107** Phone: **(213) 821-2567**

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 and 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 and Hardware/ Software Required: NONE

Required Readings and Supplementary Materials
All required reading will be e-mailed via Blackboard and discussed in class lectures by the instructor.

Blackboard™ *https://blackboard.usc.edu*
Class information will be posted on Blackboard.

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 late assignments.

Participation
To be considered present in class, students must wear athletic swim suits, a cap for those with hair longer than shoulder length, goggles, and bring water or sports drink. Jean shorts, sweat shorts, T-shirts are examples of

inappropriate swim attire and will NOT be permitted. 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.

Grading Breakdown

ASSIGNMENT	POINTS (% Grade)
Midterm Exam	50 (25%)
Final Exam	50 (25%)
Active Participation	60 (30%)
Timed Swims & Improvement	40 (20%)
TOTAL	**200**

Points/grade-based cutoffs:
A: 188 (94%), A-: 180 (90%)
B+: 174 (87%), B: 168 (84%), B-: 160 (80%)
C+: 154 (77%), C: 148 (74%), C-: 140 (70%)
D+: 134 (67%), D: 128 (64%), D-: 120 (60%)
F: Below 120 (60%)

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. 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.

Miscellaneous
Lockers are provided at no charge. Students must provide their own combination lock. 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 Fall Break

WEEK 9   *Introduction to Breaststroke*
                Timed Swim – 100yd Fr & 50yd 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*
                Introduction to Individual Medley

WEEK 13   *Lecture– interval training –students write a workout*
                Timed swim – 100yd IM & 50yd Fr

WEEK 14   ***Conditioning swim – all strokes***
                Written workout due
                Review for Exam II Thanksgiving Break

WEEK 15   ***Conditioning swim and relay swimming***
                Exam II

*<u>*Note:*</u>* Classes are subject to change in topic/activity

<u>Statement for Students with Disabilities</u>

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 (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) 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 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.

Statement on Academic Conduct and Support Systems

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 Standardshttps://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-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://equity.usc.edu/ or to the Department of Public Safety http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can 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 assault resource center webpage sarc@usc.edu describes reporting options and other resources.*

Support Systems

A number of USC's schools provide support for students who need help 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 for international graduate students. The Office of Disability Services and Programs http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.htmlprovides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to 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.

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.

Important Dates and Deadlines:
Check Registration Calendar for Details