

Class: PHED 110A, Swimming; SPRING 2022

Instructor: Natalia Cascino

Meeting times: *Section 49740* MW 1:00pm-1:50pm

Section 49746 MW 2:00pm-2:50pm

Contact: cascino@usc.edu

Location: Physical Education Building (PED) Pool

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 to demonstrate water safety.
2. Apply body control and kinesthetic awareness through basic skills in swimming.
3. Create a swim workout based on applied basic swimming concepts.
4. Identify preventive water safety techniques and aquatic emergency situations.
5. Demonstrate 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

Technological Proficiency and Hardware/ Software Required: NONE

Required Materials/Equipment:

- An athletic and secure swimsuit
- Goggles
- Cap (or a form to secure hair away from face while swimming)
- Towel
- Water bottle

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.

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 or secured during class.

Methods of Evaluation:

Grading is by ABC, Pass/No Pass, or Audit for no credit (student preference). Student's grade will be based on Participation Assessments (including written assignment), Exams (Midterm and Final), and Technique Swims and Improvements. The Midterm and Final Exam are multiple choice, online exams.

Grading Breakdown

<u>Assessments</u>	<u>Points</u>	<u>% of Grade</u>
Midterm Exam	50	25%
Final Exam	50	25%
Active Participation (includes written Assignment)	60	30%
Technique Swims & Improvements	40	20%
TOTAL	200	100%

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%)

Exams (100 pts.)

All students registered in this class for credit are expected to take a Midterm and Final exam. Missing either exam will result in the lowering of the student's grade on the makeup exam (if approved by instructor) by one letter grade.

Participation (54pts.) + Assignment (6pts) and Technique Swims and Improvements (40pts.)

Success in this class greatly depends on student participation. Students must actively participate by attempting, completing and/or showing improvement of swimming skills, techniques, and/or assessments on various days to earn Participation and Technique Swim points. See Course Schedule for further information.

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

Students are asked to attend the section for which they are enrolled, arrive on time and be ready to swim each day. Tardiness/leaving early will result in partial credit. Make-ups are not allowed except for emergency situations and then only upon approval from the instructor. It is the student's responsibility to attend class consistently and fulfill the requirements of this course.

Assignments will be discussed in class using lectures and is a component (6 pts.) of the participation grade. Students will have one week to complete written assignments. Points will be assigned to each assignment and points will be deducted for being late (10%) and or for not following directions (10%). One written assignment is due week 14. ***Extra credit work and make-up work are not available unless noted by instructor.**

Course Schedule and Weekly Breakdown*

Week #	Week starting Date	Topics (Classes are subject to change in topic/activity)
1	8/22	Review of syllabus, pool rules, etiquette, and equipment; Swim Evaluation
2	8/29	Intro to Classification of Strokes according to Axis Front crawl breathing patterns – alternate breathing
3	9/5	LABOR DAY: NO CLASS MONDAY Introduction to back crawl stroke (Backstroke)
4	9/12	Learn the 3 surface dives (3 pts.) Conditioning in front & back crawl Technique swim – 100yd Fr/Bk & 50yd Fr/Bk (10 pts.)
5	9/19	Introduction to front & back flip turns (3 pts.) Conditioning in front & back crawl (3 pts.)
6	9/26	Introduction to whip kick on the back (3 pts.) Learn elementary backstroke (3 pts.)
7	10/3	Learn 3 kicks used in treading water (3 pts.) Conditioning swim: Ladder (3 pts.) Lecture: Review for Midterm Exam
8	10/10	Introduction to Breaststroke(3 pts.) Midterm Exam (50 pts.)
9	10/17	Proper starts and Learn Breaststroke breakout (3 pts.) Technique Swim – 100yd Fr/Bk & 50yd Fr/Bk (10 pts.)
10	10/24	Conditioning Swim: Pyramid (3 pts.) Breath Control using Pull Buoys (3pts)
11	10/31	Introduction to Sidestroke (3 pts.) Conditioning swim – distance (3 pts.)
12	11/7	Introduction to Butterfly (3 pts.) Introduction to Individual Medley (3 pts.)
13	11/14	Learn to dive and Conditioning swim – all competitive strokes (3 pts.) Lecture: Interval training Technique swim – 100yd IM & 100yd Fr/Bk & 50yd Fr/Bk (10 pts.)
14	11/21	Conditioning swim – all strokes (3 pts.) Written workout due (10 pts.) Review for Exam II THANKSGIVING BREAK, NO CLASS WEDS
15	11/28	Survival swim and relay swimming (3 pts.) Exam II (50 pts.)

*Note: Class topic subject to change without prior notice.

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 for **DSP** (<https://dsp.usc.edu/>) and contact information: (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) dspfrontdesk@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 Standards <https://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.html provides 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 Detail