

Course Name	Swimming Spring 2023
Class and Section	PHED 110A
Class Meeting Day and Time	Section 49737 Tues/Thurs 8:00-8:50am Section 49739 Tues/Thurs 9:00-9:50am Section 49740 Mon/Weds 10:00-10:50am Section 49742 Mon/Weds 11:00-11:50am
Location	PED Pool
Instructor and Contact Info	Ian Culbertson e-mail: iculbert@usc.edu Office hours by appointment only 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 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 recognize 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 Readings and Supplementary Materials:

All required reading will be announced via Blackboard and discussed in class lectures by the instructor.

Methods of Evaluation:

Grading is by ABC, Pass/No Pass, or Audit for no credit. Grading will be based on exams (midterm and final), participation, technique swims, improvement, and an assignment.

Exams (50 pts.)

Exams (midterm and final) are 50 questions, multiple choice, & on-line outside of class. Review session will be given a week prior to exam. All students registering for this class for credit are expected to take both exams. 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 (54 pts.), Assignment (6 pts.) and Technique Swims & Improvement (40 pts.)

Regular active participation is required for the participation portion of the grade and is a large component of your final grade and swimming success. Participation will consist of either or all of the following: attempting,

completing, and or improving on various days that include skill enhancement, swim assessments, and or timed swims that will create your participation points. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice. If you are late or leave early, you will only receive partial credit for participation. You will be expected to attend the section for which you are enrolled. Students must wear an athletic swim suit, 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. Make-ups are not allowed except for emergency situations and then only upon approval from the instructor. It is your responsibility to attend class consistently and fulfill the requirements of this course.

Assignment

Assignment will be discussed in class using lectures and is a component, (6 pts.), of your participation grade. Students will have one week to complete the written assignment. 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 following a lecture about Interval Training. ****Extra credit work and make-up work are not available unless noted by instructor.***

Grading Breakdown:

<u>ASSIGNMENT</u>	<u>POINTS (% Grade)</u>
Midterm Exam	50 (25%)
Final Exam	50 (25%)
Active Participation & Assignment	60 (30%)
Technique Swims & Improvement	40 (20%)
<u>TOTAL</u>	<u>200 (100%)</u>

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%)

Course Schedule: A Weekly Breakdown

<i>WEEK 1</i>	<i>Intro to class & syllabus</i> <i>Individual swim test, use of swim equipment</i>
<i>WEEK 2</i>	<i>MLK HOLIDAY NO CLASS MON</i> <i>Introduction to front crawl stroke (Freestyle)</i>
<i>WEEK 3</i>	<i>Front crawl breathing patterns – alternate breathing</i> <i>Introduction to back crawl stroke (Backstroke)</i>
<i>WEEK 4</i>	<i>Learn the 3 surface dives (3 pts.)</i> <i>Conditioning in front & back crawl</i> <i>Technique swim – 100yd Fr/Bk & 50yd Fr/Bk (10 pts.)</i>

- WEEK 5** *Introduction to front & back flip turns (3 pts.)*
Conditioning in front & back crawl (3 pts.)
- WEEK 6** *Introduction to whip kick on the back (3 pts.)*
Learn elementary backstroke (3 pts.)
Review for Midterm Exam
- WEEK 7** ***PRESIDENT'S DAY, HOLIDAY NO CLASS MON***
Learn 3 kicks used in treading water (3 pts.)
- WEEK 8** *Conditioning (3 pts.)*
FALL BREAK, NO CLASS THURS/FRI
- WEEK 9** *Introduction to Breaststroke (3 pts.)*
Midterm Exam (50 pts.)

SPRING BREAK, NO CLASSES MON 3/13 – FRI 3/17

- WEEK 10** *Conditioning in front crawl, back crawl, breaststroke, and elementary backstroke (3 pts.)*
Technique Swim – 100yd Fr, 50yd Bk, & 50yd Br (10 pts.)
- WEEK 11** *Introduction to Sidestroke (3 pts.)*
Conditioning swim – over distance (3 pts.)
- WEEK 12** *Introduction to Butterfly (3 pts.)*
Introduction to Individual Medley (3 pts.)
- WEEK 13** *Conditioning swim – all competitive strokes (3 pts.)*
Introduction to Entry Dives (3 pts.)
Review for Exam II
- WEEK 14** *Conditioning swim – all strokes (3 pts.)*
Technique swim – 100yd IM & 100yd Fr/Bk & 50yd Br (10 pts.)
Written workout due (6 pts.)
- WEEK 15** *Survival swim and relay swimming (6 pts.)*
Exam II (50 pts.)

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

Miscellaneous

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 and or secured during class. Lockers will be available for use during the semester.

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 (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 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/departments/departments-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 Details