

Course Name/Term	<b>Surfing SPRING 2023</b>
Class and Section Number	<b>PHED 115</b>
Class Meeting Day and Time	<b>Section 49950 Fridays 8:00-9:50am</b> <b>Section 49951 Fridays 10:00-11:50am</b>
Location	<b>1<sup>st</sup> Day PED POOL, Santa Monica Beach</b>
Instructor and Contact Info	<b>Ian Culbertson</b> e-mail: <a href="mailto:iculbert@usc.edu">iculbert@usc.edu</a>  <b>Office Hours by appointment</b>  Office: <b>PED 107</b> Phone: <b>(213) 821-2567</b>

**Program Objectives:**

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

1. Define the various health components of fitness.
2. Recognize the physical and mental benefits of increased activity.
3. Understand anatomy, basic bio-mechanic principles and terminology.
4. Determine factors involved with development, fitness levels, and training strategies.
5. Examine the effect of nutrition, rest, and other lifestyle factors that contribute to better health.

**Students will be exposed to a variety of activities providing them the opportunity to:**

1. Apply learned fundamental skills.
2. Utilize physical activity as a tool to manage stress.
3. Empower themselves by setting and working toward realistic individual goals.
4. Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
5. Participate in active learning to stimulate continued inquiry about physical education, health, and fitness.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

1. Understand and utilize various training methods.
2. Assess individual levels of fitness components.
3. Create a safe, progressive, methodical, and efficient activity-based plan to enhance improvement and minimize risk of injury.
4. Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
5. Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

**Course Description:**

This introductory course is designed to provide fundamental instruction in surfing skills and technique. Additional focus will include ocean safety, surf etiquette, understanding surf forecasts and wave models, equipment selection, surfing history and culture, competition, and surf related exercises.

**Course Objectives:**

1. Identify potential marine hazards and how to mitigate risk while surfing.
2. Demonstrate how to lie down on board, paddle through the surf, turn around for wave, catch a 'blue-water' wave, pop-up, ride the face, and dismount the wave/board.
3. Demonstrate water safety techniques and proper surfing etiquette.

4. Identify the 3 main types of surf breaks and their associated hazards.
5. Identify and define the 6 components to a surfboard
6. Define and interpret a surf report.

**To learn and develop the following skills:**

1. Identifying appropriate level of surfing waves.
2. How to assess surfing risks and dangers.
3. How to paddle through the surf.
4. How to identify, select, and paddle for waves.
5. How to stand up on wave, control direction, and safely return to shore.

**Prerequisites:** Passing of Swim Test, having strong swimming skills and being comfortable in the surf.

**Co-Requisite/Concurrent Enrollment:** NONE      **Recommended/Preparation:** NONE

**Course Notes:**

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

**Textbook, Required Readings, and Supplementary Materials:**

All required reading will be on **Blackboard™** <https://blackboard.usc.edu> and or discussed in class lectures by the instructor.

**Location:**

First Day of class will meet at the PED Pool for swim tests, equipment checkout, signing of transportation waiver and equipment waiver. All subsequent classes will meet in the sand at Santa Monica Beach at Tower 24, just north of Ocean Park Blvd., unless otherwise indicated.

**Swim Test:**

**The swim test will involve:**

1. **Continuous 150 yds. pool swim in under 3 minutes.**
2. **Treading water for 10 minutes.**
3. **Surface dive to the bottom of pool for brick retrieval.**
4. **25 yd. underwater swim.**

**The swim test must be passed in order to enroll in the class. The swim test is designed to assess the student's level of comfort and skills in a controlled environment. Weak swimmers are highly encouraged to take a swim course and or practice swimming to increase their level of skill, strength, and comfort in the water.**

**Equipment:**

Surfboards and wetsuits may be provided by the university along with soft car-racks designed for select vehicles. You will be responsible for any damages, repairs, and or loss of the equipment. Please bring your own swimsuit, towel, water, sunscreen, and money for parking. You may use your own car-racks, wetsuit, and or soft surfboard if preferred.

**Exams (100 pts.)**

Two exams, 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.

**Assignments (20 pts.) & Quizzes (20 pts.):**

Assignments will be discussed in class using lectures. Students will have one week to complete written assignments. Points will be assigned to each assignment based on completion and understanding of concepts. Points will be deducted 10% of possible grade if late and or not typed. Quizzes will be given in class during the first 15 minutes of class.

**Participation (60 pts.):**

To be considered present in class, students must wear swim-suit or wetsuit, bring surfboard with leash and fins, water or sports drink, and towel. You will not be allowed to participate in the designated physical activity if you do not have a wetsuit and or surfboard, this will result in a loss of participation points. You are highly encouraged to take this class either as a pass/no pass option or as a letter grade. Please speak to the instructor if you plan to audit.

Those who are unable to participate, not dressed properly, leave early or arrive late will lose participation points. Absences for studying, parking problems, traffic, interviews, & etc. will not be excused.

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 excused. If you are late or leave early, you will only receive partial credit for participation and you likely will miss out on valuable information such as quizzes, lectures, demonstrations, and skill enhancement. 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 instructor. Class is subject to variable weather and surf conditions, you will be required to check Blackboard the night prior to class for pertinent class announcements.

***\*Extra credit work and make-up work are not available unless noted by instructor. You cannot make-up the first or second exams. It is your responsibility to attend class consistently and fulfill the requirements of this course.***

**Grading Breakdown**

<b><u>ASSIGNMENT</u></b>	<b><u>POINTS (% Grade)</u></b>
<i>Midterm Exam</i>	<i>50 (25%)</i>
<i>Final Exam</i>	<i>50 (25%)</i>
<i>Active Participation (Skill Assessments)</i>	<i>60 (30%)</i>
<i>Assignments (2) &amp; Quizzes (2)</i>	<i>40 (20%)</i>
<b><i>TOTAL</i></b>	<b><i>200 (100%)</i></b>

**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:**

Classes are subject to change in topic/activity. Any changes will be announced in class and via e-mail.

**WEEK 1      SWIM TEST at PED POOL! (1/13)**

<b>WEEK 2</b>	Ocean safety, equipment, and introductions Surf Basics 1: Body surfing, white-water waves: Paddling, catching a wave, & standing up
<b>WEEK 3</b>	Review ocean safety and Surf Basics 1
<b>WEEK 4</b>	Surf Basics 2: Blue-water wave: Paddling, turning around, catching a wave, & riding it.
<b>WEEK 5</b>	Marine hazards and coastal pollution
<b>WEEK 6</b>	Tides, winds, weather, & surf forecasting
<b>WEEK 7</b>	Coastal geography and wave dynamics
<b>WEEK 8</b>	<b>Quiz 1 (3/3)</b>
<b>WEEK 9</b>	Surfing on your own, etiquette, & surf travel <b>EXAM 1 (3/10)</b>
<b>SPRING BREAK, NO CLASS FRI (3/17)</b>	
<b>WEEK 10</b>	Surfboard anatomy: shapes, materials, and functions
<b>WEEK 11</b>	Surf history & culture
<b>WEEK 12</b>	Surfing styles, tricks, & competition
<b>WEEK 13</b>	<b>Quiz 2 (4/14)</b>
<b>WEEK 14</b>	<b>Skill assessment &amp; surf class competition (Last day of surfing in class 4/21)</b>
<b>WEEK 15</b>	<b>Collection of equipment at PED POOL &amp; <u>EXAM II (4/28)</u></b>

#### **Additional Policies:**

All students registering for this class for credit are expected to attend regularly. The unexcused absence from a first or second exam will result in the lowering of the student's grade on the makeup exam by one letter grade.

#### **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, hidden, locked up, and secured during class in personal vehicles. **Please do not bring any valuables to the sand.**

#### **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 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.

**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/departement/departement-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](mailto: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](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:**

**PLEASE CHECK REGISTRATION CALENDAR!**