

Course Name	Swimming Spring 2024
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:	MW 12-1PM/TTH 10-11AM
Office:	PED 107

Physical Education & Mind Body Health (PEMBH) Mission:

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

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 each, 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 (60 pts.), Assignment, 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 total of 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, and non-athletic bathing suits 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 and therefore will not receive participation credit. 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 (8 pts.)

Assignment will be discussed in class and posted on Blackboard, using lectures and is a component of your participation grade. Students will have one week to complete the written assignment. Points will be deducted for being late (10%) and or for not following directions (10%). This written assignment is due the second class of 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	60 (30%)
Assignment, 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

WEEK 1	Intro to class & syllabus <i>Individual swim assessment, use of swim equipment</i>
WEEK 2	MLK DAY, HOLIDAY NO CLASS MON <i>Introduction to front crawl stroke (Freestyle)</i>
WEEK 3	<i>Front crawl breathing patterns – alternate breathing</i> <i>Introduction to back crawl stroke (Backstroke)</i>
WEEK 4	<i>Conditioning in front & back crawl Learn the 3 surface dives (3 pts.)</i> Technique swim 1 – 100yd Fr/Bk & 50yd Fr/Bk (8 pts.)
WEEK 5	<i>Introduction to front & back flip turns (3 pts.)</i> <i>Conditioning in front & back crawl (3 pts.)</i>
WEEK 6	<i>Introduction to whip kick on back (3 pts.)</i> <i>Learn elementary backstroke (3 pts.)</i>
WEEK 7	PRESIDENT'S DAY, HOLIDAY NO CLASS MON Conditioning 1: Ladder (3 pts.) <i>Learn 3 kicks used in treading water (3 pts.)</i>
WEEK 8	Review for Midterm Exam <i>Hypoxic Training and Negative Splits (3 pts.)</i> <i>Introduction to Breaststroke (3 pts.)</i>
WEEK 9	<i>Proper starts -Bk, Fr, Br (3 pts.)</i> Technique Swim 2 – 100yd Fr/Bk & 50yd Fr/Bk & 50yd Br (8 pts.) Midterm Exam (50 pts.)
SPRING BREAK, NO CLASSES MON – FRI (3/11-3/15)	
WEEK 10	<i>Conditioning in front crawl, back crawl, breaststroke, and elementary backstroke (3 pts.)</i> Conditioning 2: Pyramid (3 pts.)
WEEK 11	<i>Introduction to Sidestroke (3 pts.)</i> <i>Conditioning swim – over distance (3 pts.)</i>
WEEK 12	<i>Introduction to Butterfly (3 pts.)</i> <i>Introduction to Individual Medley (3 pts.)</i>
WEEK 13	<i>Introduction to Entry Dives (3 pts.)</i> Technique swim 3– 100yd IM & 100yd Fr/Bk & 50yd Fr/Bk & 50yd Br (8 pts.) Review for Exam II and Interval Training
WEEK 14	Conditioning swim 3: – 12 min timed swim for distance all strokes (3 pts.) Written workout due (8 pts.)
WEEK 15	Survival swim (3 pts.) Relay swimming (3 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. Please see PED 107 office for details, M-TH 8-3pm and F 9-12pm.

Important Dates and Deadlines:

Check Registration Calendar for details!

Academic Conduct and Support Systems

Academic Integrity

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see [the student handbook](#) or the [Office of Academic Integrity's website](#), and university policies on [Research and Scholarship Misconduct](#).

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

Student & Disability Accommodations

USC welcomes students with disabilities into all of the University's educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

Support Systems

Counseling and Mental Health

(213) 740-9355 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

[988 Suicide and Crisis Lifeline](#)

988 for both calls and text messages – 24/7 on call

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

[Relationship and Sexual Violence Prevention Services \(RSVP\)](#)

(213) 740-9355(WELL) – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

[Office for Equity, Equal Opportunity, and Title IX \(EEO-TIX\)](#)

(213) 740-5086

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

[Reporting Incidents of Bias or Harassment](#)

(213) 740-5086 or (213) 821-8298

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

[The Office of Student Accessibility Services \(OSAS\)](#)

(213) 740-0776

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

[USC Campus Support and Intervention](#)

(213) 740-0411

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

[Diversity, Equity, and Inclusion](#)

(213) 740-2101

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

[USC Emergency](#)

UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

[USC Department of Public Safety](#)

UPC: (213) 740-6000, HSC: (323) 442-1200 – 24/7 on call

Non-emergency assistance or information.

[Office of the Ombuds](#)

(213) 821-9556 (UPC) / (323-442-0382 (HSC)

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

[Occupational Therapy Faculty Practice](#)

(323) 442-2850 or otfp@med.usc.edu

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.