

PHED 110A, Swimming: FALL 2024

Location: Physical Education Building (PED) Pool

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

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

Instructor: Natalia Cascino

she/her/ella [Pronouns](#)

Office Hours: Wednesdays 12:30-1pm, or by appointment

Contact: cascino@usc.edu

IT Help: Brightspace: brightspace.usc.edu

USC Information Technology Services Help

Phone: 213.740.5555

Contact Info: <https://itservices.usc.edu/contact>

Hours: 24 hours a day, every day

Physical Education & Mind Body Health (PEMBH) Mission dornsife.usc.edu/phed

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.

PEMBH Objectives

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

- Recognize the physical and mental benefits of increased physical activity.

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

- Apply learned fundamental swimming skills.

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

- Understand and utilize various training methods.
- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

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

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.

Brightspace <https://brightspace.usc.edu>

Class information will be posted on Brightspace.

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.

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 (30pts.) + Assignment, Technique Swims, and Improvements (70 pts.)

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.

Assignment(s) will be discussed in class using lectures and is a component (10 pts.) of the Technique Swims (5 at 10 points each) and Improvement (10 points). Students will have one week to complete written assignment(s). 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	8/26	Review of syllabus, pool rules, etiquette, and equipment; Swim Evaluation
2	9/2	LABOR DAY: NO CLASS MONDAY Intro to Classification of Strokes according to Axis
3	9/9	Front crawl breathing patterns – alternate breathing (1.25 pts.) Introduction to back crawl stroke (Backstroke) (1.25 pts.)
4	9/16	Learn the 3 surface dives (1.25 pts.) Conditioning in front & back crawl (1.25 pts.) Technique swim – 50 yd Free Timed Swim and Free Technique (10 pts.)
5	9/23	Introduction to front & back flip turns (1.25 pts.) Conditioning in front & back crawl, Ladder (1.25 pts.)
6	9/30	Technique swim – Backstroke Technique (10 pts.) Introduction to whip kick on the back (1.25 pts.) Learn elementary backstroke (1.25 pts.)
7	10/7	Learn 3 kicks used in treading water (1.25 pts.) Introduction to Breaststroke (1.25 pts.)
8	10/14	Conditioning swim: T12 (1.25 pts.) <i>Possible Filming Day</i> Conditioning swim:(1.25 pts.) + Technique Swim –Breaststroke Technique (10 pts.) Lecture: Review for Midterm Exam
9	10/21	Breath Control using Pull Buoys - Hypoxic Training (1.25 pts.) Introduction to Dolphin kick and use of fins (1.25 pts.) Midterm Exam (50 pts.)
10	10/28	Proper starts and Learn Breaststroke breakout (1.25 pts.) Introduction to Butterfly (1.25 pts.)
11	11/4	Technique Swim –Butterfly Technique (10 pts.) Introduction to Sidestroke (1.25 pts.) Introduction to Individual Medley (1.25 pts.)
12	11/11	VETERANS DAY: NO CLASS MONDAY Conditioning swim – distance (1.25 pts.)
13	11/18	Learn to dive (1.25 pts.) Conditioning swim: distance (1.25 pts.) + Technique swim 50 yd Timed Swim (10 pts.) Online Lecture: Interval training
14	11/25	Conditioning swim – T12 and all strokes (1.25 pts.) Written workout due (10 pts.) Review for Exam II THANKSGIVING BREAK, NO CLASS WEDS
15	12/2	Survival swim (1.25 pts.) Relay swimming (1.25 pts.) Exam II (50 pts.)

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

Grading Breakdown

<u>Assessments</u>	<u>Points</u>	<u>% of Grade</u>
Midterm Exam	50	25%
Final Exam	50	25%
Active Participation	30	15%
Technique Swims, Written Assignment, and Improvement	70	35%
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%)

Academic Conduct & 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.