

Course Name/Term	Surfing Fall 2024
Class and Section Number	PHED 115
Class Meeting Day and Time	Section 49950 Fridays 8:00-9:50am Section 49951 Fridays 10:00-11:50am
Location	1st Day PED POOL, Santa Monica Beach
Instructor and Contact Info	Ian Culbertson e-mail: iculbert@usc.edu
Office Hours	Fri 7-8am & 12-1pm at Beach
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.

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 'blue water' waves.
5. How to stand up on wave, control direction, and safely return to shore.

Prerequisites: Passing of Surf 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 **Brightspace** and or discussed in class lectures by the instructor.

Surf Swim Test:

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 yds. underwater swim.**

The swim test must be passed 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.

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.

Exams (50 pts./Exam = 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.

Skill Assessments (50 pts.): Skill assessments will be made based on use of proper body positioning and body mechanics while surfing such as: Carrying the surfboard; paddling through the surf; sitting on the board; turning, paddling, catching, and riding waves, and dismounting from board. In addition, other skills such as correct demonstration of wave selection, wave etiquette, and maintaining personal and group safety will be assessed. These assessments will be made during the last day of class.

Active Participation (30 pts.): To participate in class, students must wear swimsuit or wetsuit, bring surfboard with leash and fins, water or sports drink, and towel. You will not be allowed to participate if you do not have a wetsuit and or surfboard, this will result in a loss of participation points. 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 Brightspace the night prior to class for pertinent class announcements. 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. You are highly encouraged to take this class either as a pass/no pass option or as a letter grade option. Please speak to the instructor if you plan to audit the course.

Assignments (5 pts./assignment = 10 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. Assignments must be typed, include a title, size 12 font, double spaced, one inch margins, correct grammar, punctuation, and spelling.

Quizzes (5 pts./quiz = 10 pts.): Quizzes will be given in class during the first 15 minutes of class one week prior to exam.

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

<u>Grading Breakdown</u>	<u>POINTS (% Grade)</u>
Midterm Exam	50 (25%)
Final Exam	50 (25%)
Skill Assessments	50 (25%)
Active Participation	30 (15%)
Assignments (2)	10 (5%)
Quizzes (2)	10 (5%)
<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%) (Passing is 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 Brightspace.

<u>Wk#</u> <u>Start</u> <u>date</u>	<u>Lecture</u>	<u>Activity</u>	<u>Assignment#</u>
1 8/26		Surf Swim Test at PED Pool! (8/30)	
2 9/2	Ocean safety, equipment, and introductions Surf Basics 1: Body surfing, white-water waves: Paddling, catching, & standing up		
3 9/9	Review: Ocean safety and Surf Basics 1		
4 9/16	Surf Basics 2: Blue-water wave: Paddling through surf, turning around, catching a wave, & riding.		
5 9/23	Marine hazards and coastal pollution.		
6 9/30	Tides, winds, weather, & surf forecasting Coastal geography and wave dynamics		# 1 Surf Forecasting due next class via Brightspace (5 pts.)
7 10/7	FALL BREAK, NO CLASS FRI		
8 10/14	Surfboard anatomy: shapes, materials, and functions		Quiz 1 (5 pts. 10/18) Exam I Review
9 10/21	TBD		EXAM I (50 pts. 10/25)
10 10/28	Surfing on your own, etiquette, & surf travel		
11 11/4	Surf history & culture		# 2 Surf Art due next class via Brightspace (5 pts.)
12 11/11	Surfing styles, tricks, & competition		
13 11/18	Skill assessment & surf class competition (Last day of surfing in class)		Quiz 2 (5 pts. 11/22) Exam II Review
14 11/25	THANKSGIVING BREAK, NO CLASS FRI		
15 12/2		Collection of equipment at PED Pool 12/6	EXAM II (50 pts. 12/6)

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.**

Important Dates and Deadlines:

PLEASE CHECK REGISTRATION CALENDAR

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.