

Course Name	<b>Swimming Spring 2025</b>
Class and Section	<b>PHED 110A</b>
Class Meeting Day and Time	<b>Section 49737 Tues/Thurs 8:00-8:50am</b> <b>Section 49739 Tues/Thurs 9:00-9:50am</b> <b>Section 49740 Mon/Weds 10:00-10:50am</b> <b>Section 49742 Mon/Weds 11:00-11:50am</b>
Location	<b>PED Pool</b>
Instructor and Contact Info	<b>Ian Culbertson</b> e-mail: <a href="mailto:iculbert@usc.edu">iculbert@usc.edu</a>
Office hours:	<b>MW 12-1PM</b>
Office:	<b>PED 107</b>

**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. Apply anatomy, basic bio mechanical 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. Create 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 movement and minimize risk of injury.
4. Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
5. Recognize the benefits 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 recognize aquatic emergency situations.
5. Demonstrate basic swimming skills as a carryover activity and prerequisite for a program of total physical conditioning.

**Prerequisites: NONE    Recommended/Preparation: NONE**

**Required Readings and Supplementary Materials:**

All required reading will be announced via Brightspace and discussed in class.

**Equipment needed to participate:**

Athletic swimsuit, goggles, swim cap, and water bottle.

**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./Exam = 100 pts.):** Exams (midterm and final) are 50 questions each and multiple choice. 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.

**Active Participation (30 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 the following: attempting, completing, and or improving skill enhancement, swim assessments, and or timed swims. 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 swimsuit, a swim 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 lose participation points. Absences for studying, parking problems, exams, interviews, etc. will not be excused and therefore will not receive participation points. 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.

**Technique Swims (30 pts.):** Your technique swims will be based on specific movement patterns of each stroke. Assessments of each stroke in combination of time will be used.

**Improvement (10 pts.):** Improvement will be based upon participation drills, correct execution of skills, technique swim assessments, and swim times throughout the course of the semester.

**Assignment (10 pts.):** An assignment will be discussed in class and posted on Brightspace. 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 last class of week 15.

***\*Extra credit work and make-up work are not available.***

**Grading Breakdown**

Midterm Exam

**POINTS (% Grade)**

50 (25%)

Final Exam

50 (25%)

Active Participation

30 (15%)

Technique Swims

30 (15%)

Distance Swim

10 (5%)

Improvement

10 (5%)

Assignment

10 (5%)

**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%)/Passing Grade Cut-off**

**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.

<b><u>Wk#</u></b> <b><u>Start</u></b> <b><u>date</u></b>	<b><u>Mondays/Tuesdays</u></b>	<b><u>Wednesdays/Thursdays</u></b>	<b><u>Assignment#</u></b>
<b><u>1</u></b> <b><u>1/13</u></b>	Intro to class & Overview of syllabus.	Individual swim assessment, use of swim equipment	
<b><u>2</u></b> <b><u>1/20</u></b>	<b>MLK DAY, NO CLASS MONDAY</b> Introduction to front crawl stroke (Freestyle)		
<b><u>3</u></b> <b><u>1/27</u></b>	Front crawl breathing patterns – alternate breathing Introduction to back crawl stroke (Backstroke)		
<b><u>4</u></b> <b><u>2/3</u></b>	Conditioning in front & back crawl Learn the 3 surface dives <b>(1.5 pts.)</b>	<b>Technique swim 1 – 100yd Fr &amp; 50yd Fr/Bk (10 pts.)</b>	
<b><u>5</u></b> <b><u>2/10</u></b>	Introduction to front & back flip turns <b>(1.5 pts.)</b>	Conditioning in front & back crawl <b>(1.5 pts.)</b>	
<b><u>6</u></b> <b><u>2/17</u></b>	<b>PRESIDENT’S DAY, NO CLASS MONDAY</b> Introduction to whip kick on back <b>(1.5 pts.)</b>	Learn elementary backstroke <b>(1.5 pts.)</b>	
<b><u>7</u></b> <b><u>2/24</u></b>	Conditioning 1: Ladder <b>(1.5 pts.)</b>	Learn 3 kicks used in treading water <b>(1.5 pts.)</b>	
<b><u>8</u></b> <b><u>3/3</u></b>	Hypoxic Training and Negative Splits <b>(1.5 pts.)</b>	Introduction to Breaststroke <b>(1.5 pts.)</b>	

<b>9</b> <b>3/10</b>	Proper starts -Bk, Fr, Br <b>(1.5 pts.)</b>	<b>Technique Swim 2 – 100yd Fr &amp; 50yd Bk/Br/Fr (10 pts.)</b>	<b>Exam I (50 pts. 3/14)</b>
	<b><u>SPRING BREAK, NO CLASSES</u></b>		
<b>10</b> <b>3/24</b>	Introduction to Sidestroke <b>(1.5 pts.)</b>	Conditioning swim – over distance <b>(1.5 pts.)</b>	
<b>11</b> <b>3/31</b>	Introduction to Butterfly <b>(1.5 pts.)</b>	Introduction to Individual Medley <b>(1.5 pts.)</b>	
<b>12</b> <b>4/7</b>	Introduction to Entry Dives <b>(1.5 pts.)</b>	Conditioning 3: Timed 12 min. swim for distance all strokes <b>(10 pts.)</b>	
<b>13</b> <b>4/14</b>	Conditioning in front crawl, back crawl, breaststroke, and elementary backstroke <b>(1.5 pts.)</b>	Interval Training <b>Technique Swim 3 – 100yd IM &amp; 100yd Fr &amp; 50yd Bk/Br/Fr (10 pts.)</b>	
<b>14</b> <b>4/21</b>	Survival swim <b>(3 pts.)</b>	Relay swimming <b>(3 pts.)</b> <b>Written workout due (10 pts.)</b>	<b>EXAM II (50 pts. 5/2)</b>

**\*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](https://osas.usc.edu). You may contact OSAS at (213) 740-0776 or via email at [osasfrontdesk@usc.edu](mailto: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 IX 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](mailto: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.*