

PHED 110a | Swimming

Units: 1
Section(s): 49742 Monday/Wednesday 1:00-1:50 pm
49743 Monday/Wednesday 2:00-2:50 pm
Term: Spring 2025
Location: PHED Pool

Instructor: Natalia Cascino
Pronouns: she/her/ella [What are pronouns?](#)

Office: PHED Pool
Office Hours: Wednesday 12:30-1:00 pm or By Appointment
Contact Info: cascino@usc.edu

Brightspace: brightspace.usc.edu
IT Help: USC Information Technology Services Help
Phone: (213) 740-5555
Contact Info: <https://itservices.usc.edu/contact/>

Physical Education & Mind Body Health (PEMBH)

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.

Acknowledgements

PEMBH embraces an inclusive spirit, based on equity, diversity, and inclusion to achieve academic and institutional excellence. For PEMBH's acknowledgments and more information visit our website -- <https://dornsife.usc.edu/phed/about/>

[Additional Resources](#)

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.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

Learning Objectives

- To develop sufficient swimming skills to demonstrate water safety.
- To apply body control and kinesthetic awareness through basic skills in swimming.
- To create a swim workout based on applied basic swimming concepts.
- To identify preventive water safety techniques and aquatic emergency situations.
- To demonstrate basic swimming skills as a carryover activity and prerequisite for a program of total physical conditioning.

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.

PEMBH Policy for the use of AI Generators

This course aims to develop creative, analytical, and critical thinking skills. Therefore, all assignments should be prepared by the student working individually or in groups. Students may not have another person or entity complete any substantive portion of the assignment. Developing strong competencies in these areas will prepare you for a competitive workplace. Therefore, using AI-generated text, code, or other content is prohibited in this course, will be identified as plagiarism, and will be reported to the Office of Academic Integrity.

Course Textbook

All required reading will be e-mailed via Brightspace and discussed in class lectures by the instructor.

Equipment

- A secure, athletic swimsuit
- Goggles
- Cap (or a form to secure hair away from face while swimming)
- Towel
- Water bottle

Grading Criteria

	% Grade	Points
Midterm Exam	25%	50
Final Exam	25%	50
Active Participation	15%	30
Technique Swims, Written Assignment, and Improvement	35%	70
TOTAL	100%	200

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%)

In-Class Participation (15% = 30 pts. → 1.5 pts./class starting Week #3)

Consistent attendance, punctuality, and participation in ALL classes are extremely important to develop appropriate skills and to obtain supplemental information for course assignments/exams. Consistent tardiness to class will negatively affect participation grade. Failure to participate in class WILL IMPACT your final course grade.

*Excused absence ONLY – You may earn up to an additional 0.50 pt.
This must be completed 1 week after excused absence. 3 permitted per semester.*

Online Exams (50% = 100 pts. → 50 pts/exam)

All students registered in this class for credit are expected to take a Midterm and Final exam online. 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.

Technique Swims, Assignment(s) and Improvement

(35% = 70 pts. → (3 technique Swims x 15 pts. each, 1 Assignment x 15 pts, and 1 Improvement x 10 pts)

- Technique Swims are assessment days in which certain skills/techniques are evaluated.
- A written assignment will be discussed in class. Students will have one week to complete the assignment and will be due week 14.
- Improvement points may be assigned at the end of the semester if student demonstrates progress throughout the semester, as exhibited in assessments.

Additional Course Policies

- 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.
- **No Make-Ups** will be given for any unexcused missed in-class work.
- Late work will be accepted & penalized by 10% deduction every week it is late unless due to an emergency excused by the instructor. Student must communicate with the instructor as soon as possible to discuss alternate arrangements due to an emergency.
- Email (cascino@usc.edu) is the preferred method of communication outside of class. Email will be answered within 48 hours & 72 hours over a weekend, and the workday following a holiday. ***Please use: PHED 110a in subject line of email.***
- USC PEMBH **IS NOT** responsible for any lost, stolen, or damaged property. If you choose to bring any valuables to class, it is strongly recommended to lock them up during class. Lockers are available for rental fee in the PED building.

COVID-19 (Class Guidelines)

USC (COVID-19) Resource Center <https://coronavirus.usc.edu/>

Course Schedule

Week #	Starting Date	Topics (<i>Classes are subject to change in topic/activity without prior notice</i>)
1	1/13	Review of syllabus, pool rules, etiquette, and equipment. Swim Evaluation
2	1/20	MARTIN LUTHER KING DAY: NO CLASS MONDAY Intro to Classification of Strokes according to Axis
3	1/27	Front crawl breathing patterns – alternate breathing Introduction to back crawl stroke (Backstroke)
4	2/3	Learn the 3 surface dives (1.5 pts.) Conditioning in front & back crawl Technique swim – 100yd Fr & 50yd Fr/Bk (15 pts.)
5	2/10	Introduction to front & back flip turns (1.5 pts.) Conditioning in front & back crawl, Ladder (1.5 pts.)
6	2/17	PRESIDENT'S DAY: NO CLASS MONDAY Introduction to whip kick (1.5 pts.)
7	2/24	Learn elementary backstroke (1.5 pts.) Learn 3 kicks used in treading water (1.5 pts.)
8	3/3	Introduction to Breaststroke (1.5 pts.) Technique Swim – 100yd Fr & 50yd Fr/Bk/Br (15 pts.) Lecture: Review for Midterm Exam
9	3/10	Introduction to Dolphin kick and use of fins (1.5 pts.) Proper starts and Learn Breaststroke breakout (1.5 pts.) Midterm Exam (50 pts.)
	3/17	SPRING RECESS
10	3/24	Conditioning Swim: Pyramid (1.5 pts.) Breath Control using Pull Buoys - Hypoxic Training (1.5 pts.)
11	3/31	Introduction to Sidestroke (1.5 pts.) Conditioning swim – distance (1.5 pts.)
12	4/7	Introduction to Butterfly (1.5 pts.) Introduction to Individual Medley (1.5 pts.)
13	4/14	Learn to dive (1.5 pts.) Lecture: Interval training and Written Workout Technique swim – 100yd IM & 100yd Fr & 50yd Fr/Bk/Br (15 pts.)
14	4/21	Conditioning swim – T12 and all strokes (1.5 pts.) Conditioning swim (1.5 pts.) Written workout due (15 pts.) Review for Exam Final Exam
15	4/28	Survival swim (1.5 pts.) Relay swimming (1.5 pts.) Final Exam (50 pts.)

Academic Integrity

The University of Southern California is foremost a learning community committed to fostering successful scholars and researchers dedicated to the pursuit of knowledge and the transmission of ideas. Academic misconduct is in contrast to the university's mission to educate students through a broad array of first-rank academic, professional, and extracurricular programs and includes any act of dishonesty in the submission of academic work (either in draft or final form).

This course will follow the expectations for academic integrity as stated in the [USC Student Handbook](#). All students are expected to submit assignments that are original work and prepared specifically for the course/section in this academic term. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s). Students suspected of engaging in academic misconduct will be reported to the Office of Academic Integrity.

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

Academic dishonesty has a far-reaching impact and is considered a serious offense against the university. Violations will result in a grade penalty, such as a failing grade on the assignment or in the course, and disciplinary action from the university itself, such as suspension or even expulsion.

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.

Statement on University Academic & Support Systems

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

Student Financial Aid & Satisfactory Academic Progress

To be eligible for certain kinds of financial aid, students are required to maintain Satisfactory Academic Progress (SAP) toward their degree objectives. Visit the [Financial Aid Office webpage](#) for [undergraduate](#)- and [graduate-level](#) SAP eligibility requirements and the appeals process.

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 consists 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) 740-2500

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.