

San José State University

Kinesiology Spring 2022, Kin 2B Intermediate Swimming

Contact Information

Instructor: Chris May

Office Location: SPX 173E

Office Hours: Monday and Wednesday 12:00-1:00pm

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Link to new syllabi policy:

<http://www.sjsu.edu/senate/docs/S16-9.pdf>

Class Days/Time:

Sect 1 and 2

**Classroom Location. SPXE 180
(Indoor Pool)**

Course Description

This course is designed to meet the needs of students who have completed satisfactorily the skills involved in beginning swimming.

<http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

Additionally, since course is taught in deep water the student needs to *safe, confident, and comfortable* in water over the student's head and be able to tread water.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams

Upon successful completion of the course, the student will be able to:

- A. Development and refinement of the four competitive strokes: front crawl, backstroke, breaststroke, and butterfly.
 - B. an introduction to the physiologic and hydro dynamic principles associated with swimming.
 - C. incorporate the positive effects of sport through movement, and enjoy the rich socio-cultural diversity at San Jose State University.
 - D. emphasis on water safety, and improved swimming skills to reduce risk of accidental drownings.
- Knowledge of fundamental skills, technique, associated with intermediate swimming
 - Proficiency in execution of the skills covered.
 - An understanding of the history, rules, strategies, current research, safety and etiquette associated with intermediate swimming
 - An understanding of the mental and physical health benefits to be derived from beginning swimming
 - An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
 - **Important please read.** There may be two grading criteria. One if remain meeting face to face, and two if we go back to shelter in place. If we got to shelter in place without continuing face to face meeting's then the course becomes more theoretical. All information will be provided either through Canvas and/or SJSU email.
 - There is a Liability Release Form posted on Canvas that needs to be completed immediately
 - We will be meeting at the SPXE 180 indoor pool in groups.
 - Covid Rules. **Do not attend class if you are experiencing Covid symptoms.**
 - Face masks are to be worn at all times, except when you are in the pool.
 - Locker room facilities are available, and there are both men's and women's restroom located close to the pool.
 - While on the pool deck, everyone must maintain proper physical distance from each other of at least 6 ft. apart.
 - There is no shared equipment kickboards, pull buoys etc.
 - Anything that you touch other than personal items needs to be wiped down. Spray and per towels provided.

Text/Readings

Course information will either be distributed in class or emailed to students via mysjsu.

Course Notes

- **Stroke drills for each of the four competitive strokes and short swim workouts.**
- Class protocol: For example: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- **There is an inherent risk of injury with any physical activity. The student should be aware of this potential for injury and follow all safety rules and procedures. In addition to, but not limited to wearing activity appropriate clothing and footwear.**

KIN 2 Alternate Day Activities in the event of shelter in place.

SRAC- Students can make a reservation during lap swim hours on the [Spartan Recreation](#) website and signing into their member portal.

Dryland Training: can include a cardio-respiratory endurance workout like running, walking, and/or cycling, or a muscular strength or muscular endurance workout which may include but not limited to pushups, pull-ups, squats, and lunges. Additionally core training exercise can be done including but not limited to abdominal training, and or plank variations

Study course documents.

Course Requirements and Grading Policy

Quiz 1, 2 and 3 are multiple choice and Final is short answer to be taken on Canvas.

Grading Plan

- 10% Quiz 1 **Benefits of Physical activity related to cognitive & physical domains**
- 10% Quiz 2 Front Crawl and Backstroke
- 10% Quiz 3 Breaststroke and Butterfly
- 10% Final Exam **Components of Health Related Fitness**
- 60% Active Participation (swimming specific group activity/discussion)

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96.9%	A
90% - 92.9%	A-
87% - 89.9%	B+
83% - 86.9%	B
80% - 82.9%	B-
77% - 79.9%	C+
73% - 76.9%	C
70% - 72.9%	C-
67% - 69.9%	D+
63% - 66.9%	D
60% - 62.9%	D-
below 60%	F

Week	Course Content (Assignments, Exams/Quizzes, ...)
13	Butterfly
14	Butterfly
15	Butterfly Quiz 3 Breaststroke & Butterfly
16	Water Safety Day Quiz 1 Benefits of Physical Activity
	Final Exam based on University Scheduled Final Exam Schedule
	5/16/ 2022 -5/24/2022