

**California State University, Northridge**  
**Department of Kinesiology**

**KIN 178A –Swimming I**

Spring Semester 2008 – TR 11:00-11:50

Instructor: Tsilla Dinay  
Office: Kin 156A (Brown Center)  
E-mail: [tsilla.dinay.889@csun.edu](mailto:tsilla.dinay.889@csun.edu)  
Phone: 818-677-2182  
Office hours: TR 12:30-1:00

**Course Description:** Practice in performance and analysis of swimming, diving and other aquatic skills at elementary level. (Available for General Education, Applied Arts and Sciences)

**Course Objectives:** At the completion of this course students should be able to fulfill the following objectives:

1. Demonstrate proper technique in front crawl, back crawl, breast stroke, sidestroke, elementary backstroke and butterfly for more advanced students.
2. Improve cardiovascular conditioning.

**Student Performance Evaluation:**

Assignments:	10%
Attendance & Participation:	40%
Participation log:	20% -Use format attached below
Skill Evaluation:	10%
Final:	20%

**Written Exams:** The Final Exam will mostly involve objective items (multiple-choice, true-false, and matching type questions) and may include short answer or essay type questions. There will be **NO** make-up exams given for unexcused absences. Make-up for excused absences can be arranged only if made **prior** to the date of the scheduled exam. In the event of an emergency the day of an exam the student **must** call or e-mail the instructor or department secretary as soon as possible.

**Course Attendance Policy:** attendance is required to help students meet course objectives. Absences and non participation will adversely affect your grade. This includes absences due to medical reasons.

0-3 absences-no penalty

4 absences – grade will be lowered by 1 full letter grade.

5 absences- grade will be lowered by 2 full letter grades.

6 absences- grade will be lowered by 3 full letter grades.

7 absences- automatic failure with NO exceptions.

Circumstances for Absences: whether it is illness, jury duty, military service, family death, or vacation, an absence is an absence. Note of verifications are not needed. If you miss a class you will be marked absent.

**Illness and Injuries:** Illnesses and injuries which restrict participation but do not prevent the student from attending class, will be recorded as a non-dress (ND): 3 days = 1 absence

Illness and injuries are acceptable criteria for late withdrawals only when accompanied by verification from a physician.

**Tardiness:** Students must be ready to within 5 minutes of class starting time; otherwise you will be marked tardy.

3 tardies= 1 absence.

**Statement on Cheating and Plagiarism:** any student caught cheating on an exam or written assignment will automatically fail the course, and may be subject to more severe University discipline, Please refer to the California code of regulations, Section 41301, title 5 as found in the university catalog.

**Students with Disabilities:** This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students with Disabilities Resources located in 110 students services building, of call (818)677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

The format (attached below) for the participation log should be printed and used to record class activity, a **separate page** for each class.

**The complete log will be submitted to the instructor on May 6<sup>th</sup>, 2008.** It will be returned to you on final exam day.

The **final exam** will be on **May, 11<sup>th</sup>** at 10:15 am.

**Grading Scale:**

A	92-100	D	62-67
A-	90-91	D-	60-61
B+	88-89	F	less than 60
B	82-87		
B-	80-81		
C+	78-79		
C	72-77		
C-	70-71		
D+	68-69		

**We will Swim Rain or Shine!**

continue

**Participation log format:**

Name: \_\_\_\_\_ Class #: \_\_\_\_\_ Date: \_\_\_\_\_

Warm-up Distance: \_\_\_\_\_ Duration: \_\_\_\_\_

HR prior to warm-up \_\_\_\_\_

HR Immediately after warm-up \_\_\_\_\_

Recovery HR (after 1 minute) \_\_\_\_\_

SWIM STROKE	DRILL	DISTANCE

Comments on your swim stroke ability/improvement, fitness level etc:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Tentative schedule

Week	DATE		DATE	
1	1/22	Review Syllabus	1/24	Check BMI & fat %,Goal handout, HR Handout
2	1/29	12 minute swim test	1/31	Free style ( front crawl)
3	2/5	Free style	2/7	Flip turns
4	2/12	Breast stroke	2/14	Breast stroke
5	2/19	Elementary back stroke	2/21	Elementary back stroke
6	2/26	Back stroke	2/28	Back stroke
8	3/4	Side stroke	3/6	Side stroke
9	3/11	Butterfly	3/13	Butterfly
	3/18	Spring Recess - No class	3/20	Spring Recess - No class
10	3/25	Diving	3/27	Swim criteria
11	4/1	Tread water and surviving skills	4/3	Swimming & conditioning
12	4/8	Swimming & conditioning	4/10	Diving board
13	4/15	Swimming & conditioning	4/17	Swimming & conditioning
14	4/22	Water polo	4/24	(sub teacher)
15	4/29	Swimming & conditioning	5/1	12 minute swim test
16	5/6	Participation log due!	5/8	Last class - Final exam
17	5/19	Final Examination week		