

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

KIN 178A Swimming I

Course Information:

Units: 1.0
Semester: Spring 2008
Location: RESM Pool
Meeting Time: MW 10-10:50/1:00-1:50

Instructor Information:

Instructor: Teri Berkel
Office: RE279
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Office hours: M/W 9:00-9:30 a.m.

Required Text: Red Cross Swimming and Diving

Course Description: Practice in performance and analysis of swimming and other aquatic skills at the elementary level. Improving basic stroke technique in freestyle (front crawl), backstroke, breaststroke, side stroke.

Requirements: Students must have basic knowledge of the freestyle (no non-swimmers).

Course Objectives: At the conclusion of this course, the student will:

1. Be able to perform the basic strokes listed above. Each student must be able to demonstrate acceptable technique while swimming 50 yards of the strokes above.
2. Be able to tread water, float and dive.
3. Be able to swim non-stop for 12 minutes.
4. Be knowledgeable in the various methods of increasing swimming endurance and stroke efficiency.

Student Performance Evaluation:

Attendance and participation:	10% of total grade
Skill and fitness evaluations:	50% of total grade
Written assignment/test:	20% of total grade
Final Exam	20% of total grade

Assignments: Your only out-of-class assignments will be reading, which we will discuss at the beginning of each period (if applicable). However, I strongly encourage you to find time to practice your own swimming out of class! The more time you spend in the water, the more endurance you will gain; the more you practice, the more your strokes will be refined and the better swimmer you will become.

Written Exams: There will only be one written test and the final. Remember, however, that those two tests account for 40% of your grade! Questions on the tests will be easily answerable if you come to class regularly, work on your strokes and do the required reading!

Absences: You are allowed 3 absences per semester with no effect on final grade. I strongly recommend that you not "waste" them early in the semester. You never know what will come up that will require you to miss class later on down the road. There will be no make-up exams given for unexcused absences. Make-ups for excused absences can be arranged only if made prior to the date of the scheduled exam. In the event of an emergency on the day of the exam, the student must call or e-mail the instructor or department secretary as soon as possible. One excused absence can be made up. This must be discussed in advance and pre-approved.

Grade reduction is as follows:

4 absences lowers the earned grade one full letter grade
5 absences lowers the earned grade two full letters
6 absences lowers the earned grade three full letters
7 or more absences receives a fail

For students taking the class credit/no credit, no credit will be given after five absences.

Tardies: I understand that many of you are rushing to the pool from other classes. If you notify me in advance that you have a particularly long distance to walk (and then change into your suit!), I will be more tolerant. However, 50 minutes is not a long time. By the time I take roll and you get into the pool and do a short warm up, there is not that much time left. In general, 2 tardies equal one absence.

Skill and Fitness Evaluations: I will be evaluating your improvements on a regular basis and giving critiques through-out the semester. If you attend class regularly, both your skill and fitness levels will improve! There will also be peer evaluations (not criticisms!) at least once. Those students who are more advanced in some skills may be encouraged to assist the less-advanced on occasion.