

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology
Kinesiology 250SW: Swimming

Course Information

Units: 1
Semester/Year: Spring 2008
Location: Outdoor Kinesiology Pools
Meeting Time: 12:30 – 1:20pm
Meeting Days: T & R

Instructor Information

Instructor: Belinda Stillwell, Ph.D.
Office: Redwood Hall 257
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Office Hours: to be announced

Department Student Learning Outcomes

1. Demonstrate an understanding of the multi-disciplinary and integrated nature of kinesiology.
2. Apply, integrate and communicate kinesiological principles and movement related knowledge across diverse settings and populations to enhance quality of life and encourage adoption of healthy lifestyles.
3. Apply innovative technology to understand and enhance human movement.
4. Demonstrate commitment to lifelong professional growth.
5. Demonstrate reasoning, problem solving, critical thinking, and reflective strategies in the pursuit and application of movement related knowledge.
6. Develop and apply assessment tools to measure and evaluate movement program efficacy.

Recommended Text

American Red Cross. (2004). *Swimming and Water Safety*. Staywell

Course Description

This course is designed for Kinesiology majors with basic swimming skills to develop a working knowledge of swimming and diving. Activities may include, but not limited to, basic water safety and self-rescue skills, stroke technique, beginning diving skills, training theory and practice, competitive instruction, aquatic fitness and water games and activities.

Course Objectives

As a result of this class, the student will be able to:

- Demonstrate water safety and self-rescue skills – introduced (SLO 2)
- Perform a front and back float – introduced (SLO 2)
- Exhibit reasonable form over a distance of 25 yards using the elementary backstroke, sidestroke, breaststroke, front crawl, back crawl and butterfly - introduced (SLO 2)
- Dive into deep water with reasonable form – introduced (SLO 2)

- Acquire an understanding of the exercise principles used to develop water fitness, games and activities – introduced (SLO 2)

Professional Expectations

- a. All work will be fully completed and submitted at the beginning of class on the required due date.
- b. Arrive on time for each class prepared to participate, contribute, learn, and develop new concepts related to teaching and learning.
- c. Do what you physically can do during class time. As a teacher it is most important that you know what to do and how to do it. If there is any physical problem, please let the instructor know.
- d. Students will be responsible for working with a partner and in small groups throughout the semester.

Course Content

A. Water Safety and Self-Rescue Skills

- Assists (reaching, extension, throwing, wading)
- Surface dives (pike, tuck, feet-first)
- Front and back float
- Treading water

B. Stroke Development

- Elementary backstroke
- Sidestroke
- Breaststroke
- Front crawl
- Back crawl
- Butterfly
- Front dive

C. Water Fitness, Games and Activities

- Endurance swimming
- Water aerobics
- Water games and activities (e.g. water polo)

Day-by-day Agenda

- Every Tuesday will be dedicated to stroke development/diving, water safety and self-rescue skills
- Every Thursday will be dedicated to endurance swims and water aerobic or water games and activities

Student Performance Evaluation

You will earn your grade based on the following items:

Demonstration of skills	50%
Endurance swim	25%
Exam(s)	25%

Grading Scale:

A = 94-100%	B+ = 87-89%	C+ = 77-79%	D+ = 67-69%	F = 59% and below
A- = 90-93%	B = 84-86%	C = 74-76%	D = 64-66%	
	B- = 80-83%	C- = 70-73%	D- = 60-63%	

Department Attendance Policy

Students are permitted three absences with no effect on final grade. It is possible to make up an absence with **prior approval** of instructor (**maximum make ups are two total**).

Grade reduction is as follows:

- 4 absences lowers the earned grade one full letter
- 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 for Cr/N, no credit will be given after (five) 5 absences

Illness and injury which restricts participation but not attending class will be recorded as a non-dress (ND):

- 3 days ND = 1 absence
- 5 days ND = 2 absences

Tardiness will be counted similar to a non-dress:

- late 3 times = 1 absence
- late 5 times = 2 absences

Bad Weather

We will always meet. Check for announcements posted at pool entrance.

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 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for

accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Statement on Cheating and Plagiarism

Cheating or plagiarism in connection with an academic program at a campus is listed in Section 41301, Title V, California Code of Regulations, as an offense for which a student may be expelled, suspended, or given a less severe disciplinary sanction. See university catalog pages 523 through 525 for details on academic dishonesty, cheating, fabrication, facilitating academic dishonesty, plagiarism and faculty policy on academic dishonesty.