

PF&W 1142
Syllabus for Beginning Swimming
Fall 2016

Instructor: Bernadette Hinojosa

Office Location: Indoor Pool Office or KSM 155

Office Phone: 806-834-4895

Office Hours: Tuesdays and Thursdays, 10-12, and 2-3 PM in KSM 155, or by appointment

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Course: Beginning Swimming - Course number PF&W 1142

Sections: 301 MW 10:00-10:50, at AC indoor pool

Pre-requisites: None

Required Textbook: None

Supplies: Bring swimsuit to all classes. (Ladies – a one-piece swimsuit, please.) Bring other supplies as preferred/needed: towels, goggles, hair restraint, etc.

Course Description: Learn to swim in shallow and deep water. Motor skills include front crawl with sustained rhythmic breathing, back crawl, elementary backstroke, sidestroke, breaststroke and dolphin kick, treading water, underwater swimming, open turns, and deck diving. Measurable assessment includes demonstration of correct mechanical formation of strokes and increase in distance. Cognitive skills include basic knowledge and application of the principles of fitness and wellness and nutrition, and knowledge of mechanics of strokes. Additionally, students will gain knowledge of historical figures in swimming and diving.

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

EXPECTED LEARNING OUTCOMES	ASSESSMENT METHODS: Performance standards will be measured by ARC LTS Adult-Learn the Basics.
Perform the front crawl with rhythmic breathing and elementary backstroke.	Good form and sustained breathing pattern for 25 yds.
Perform the back crawl and sidestroke, breaststroke and dolphin kick.	Maintain position and sustain motion for 15 yds.
Swim underwater.	Swim underwater continuously for 3 body lengths.
Tread water using kicks learned.	Tread water for a minimum of 1 minute.
Dive from deck.	Use correct form in compact and stride positions.
Perform a feet first surface dive.	Completely submerge head underwater.
Survival float and swim.	30 seconds; 1 minute.
Perform back and front open turns.	Perform while swimming.

Tentative Schedule: subject to change

Date	Skills and Topics to be covered	Due Dates and other Important Dates
8/29	Swim demonstration.	
8/31	Whip and flutter kicks in prone and supine positions. Scissor kick.	
9/7	Elementary backstroke.	9/7 Choose historical topic.
9/12, 14	Front crawl. Rhythmic breathing. Trudgen.	
9/19, 21	Breaststroke.	9/21 historical paper due.
9/26, 28	Back crawl.	
10/3, 5	Scissors kick review and sidestroke.	
10/10, 12	Dolphin kick. Butterfly.	10/12 Review of strokes
10/17, 19	10/17 Underwater swimming with whip and dolphin kicks, treading water with whip and scissor kicks.	10/19 written exam on strokes.
10/24, 26	Deck diving, feet-first surface dive. Survival floating and swimming. Grab and track Starts.	10/24 Read exercise routines and Nutrition units. Start exercise and nutrition logs.
10/31, 11/2	Open turns.	
11/7, 9	Practice for relays	
11/14, 16	11/16 Relays	11/14 Turn in exercise and nutrition logs. 11/14 written exam over exercise routines
11/21	Fun relays	Re-read nutrition units. Answer Nutrition Research Questions. Due 11/28.
11/28, 30	11/28 Cooper 12 minute fitness swim	11/30 Swim evaluations
12/5, 7	Final Swim Evaluations.	Swim evaluations.

ATTENDANCE: The first 2 absences will not affect the grade. Regardless of excuse or circumstance, illness or adversity, however, the student is NOT excused from any assignment or points missed during that absence. After the initial 2 absences, 5 points will be deducted from the final grade for each additional absence. **At 5 absences, the student will fail the course. Showing up to class and participating is the most crucial aspect of getting an A in this course.** Being 3 minutes late will count as a tardy.

3 tardies will equal one absence. *An excused absence means the student must have the absence verified and signed off by Student Life.

CRITERIA FOR GRADING: 200 points total

25: Historical paper.

25: Nutritional research questions

50: Nutrition and Exercise logs –extended assignments

50: Written Exams 2 @ 25 points each. Exams may be short essay, multiple choice, matching, or true/false.

50: Swimming skills evaluation Points to be awarded at final swimming skill assessment. Points will be shared among all swimming skills to be demonstrated. Final point breakdown to be determined.

Individual grades found on blackboard9. Grades cannot be discussed through email per HIPPA regulations.

A=100-90%, B=89-80%, C=79-70%, D=69-60%

Having respect for the teaching and learning environment, please SILENCE cell phones and no texting during class. Absolutely no electronic usage during exams.

Any student who requires modifications, due to a disability, should contact the instructor as soon as possible, within the first 5 days of the semester.

Students are expected to practice strokes by swimming at the Aquatic Center at least 500 yards a week outside of class.

Students with Disabilities:

Any student who, because of a disability, may require special arrangements in order to meet course requirements should contact the instructor as soon as possible to make any necessary arrangements. Students should present appropriate verification from *Student Disability Services* during the instructor's office hours. Please note instructors are not allowed to provide classroom accommodations to a student until appropriate verification from *Student Disability Services* has been provided. Please refer to the 3rd floor West Hall, (806) 742-2405.

Attendance:

The *Texas Tech University Catalog* states that a student may be excused from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused for this purpose may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which that student is excused (p. 46).

The *Texas Tech University Catalog* states that the person responsible for a student missing class due to a trip should notify the instructor of the departure and return schedule in advance of the trip. The student may not be penalized and is responsible for the material missed (p. 46).

Whether an absence is excused or unexcused is determined solely by the instructor with the exception of absences due to religious observance and officially approved trips described above. The *Center for Campus Life* will notify faculty, at the student's request, when a student is absent for four consecutive days with appropriate verification of a health related emergency. This notification does not excuse the student

from class, it is provided as a courtesy. The service is explained and can be found on the *Center for Campus Life* web site.

Illness and Death Notification:

The *Center for Campus Life* is responsible for notifying the campus community of student illnesses, immediate family deaths and/or student death. Generally, in cases of student illness or immediate family deaths, the notification to the appropriate campus community members occur when a student is absent from class for four (4) consecutive days with appropriate verification. It is always the student's responsibility for missed class assignments and/or course work during their absence. The student is encouraged to contact the faculty member immediately regarding the absences and to provide verification afterwards. The notification from the *Center for Campus Life* does not excuse a student from class, assignments, and/or any other course requirements. The request for notification must be made within two weeks of the absence. The notification is provided as a courtesy.

Academic Honesty and Integrity:

"It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own work any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension." Texas Tech University Catalog (p. 46) and (OP 34:12). Practices such as dishonesty, plagiarism, cheating, and misrepresentation in documents by any student will not be tolerated and may result in a failing grade for the course. To copy or to paraphrase someone else's work without proper reference is **plagiarism**. Therefore, ideas that are taken from books, articles, websites, etc. should be properly cited in all written assignments.

The **Ombudsman for Students** is available to assist students with any conflict or problem that has to do with being a student at Texas Tech University.

Refer to the Student Code of Conduct regarding the following: grade appeals, absences due to religious observance or university approved trips, civility in the classroom, and academic integrity and misconduct. More information can be found at the websites: www.studentaffairs.ttu.edu/vpsa/publications/civility.htm .
www.studentaffairs.ttu.edu or www.depts.ttu.edu/studentjudicialprograms .
<http://www.campuslife.ttu.edu/crisis/>