

Kinesiology 1048

Section 04

Swimming for The Non Swimmer

Fall 2019



College of Public Health

Instructor Information

KPAP Instructor: Joe Wolgast
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Telephone: 215-204-1675
Office Location: PH 027

Course Day(s): Tuesdays and Thursdays
Course Time: 11:00 a.m. – 12:20 p.m.
Course Location: PH 31 (Pool)

Office Hours: Tuesdays and Thursdays: 10:00 – 11:00 a.m.

Office hours can also be arranged by appointment on Thursdays from 12:30-1:30 p.m.

Consultation with Professor and ARC Representative: Professor is available for walk-in consultation during office hours. Any consultation regarding requirements or matters related to the course beyond office hours requires an appointment. It is your responsibility to confirm your appointment. Phone and email messages left unanswered should not be considered a guarantee of your scheduled appointment.

If a problem arises concerning any part of this syllabus, contact instructor, preferably in advance of the problem.

Course Prerequisites or Co-Requisites

There are no course prerequisites or co-requisites.

Course Description

The course introduces students to basic personal aquatic safety skills for the purpose of developing confidence in the water. Physical and psychological preparation and values of participation in the activity are included. NOTE: For students who are not comfortable in shallow water or with their faces in the water.

This course will be separated between lecture, demonstrations/participation, three skills assessments, three quizzes, and a written final. The lectures will cover topics such as swimming techniques, swimming safety, general pool safety, nutrition/hydration, injury prevention, individual training plans, and general discussions regarding the tasks de jour. The physical aspect of the course will provide a platform for learning basic water skills, including, but not limited to, rhythmic breathing, and more efficient stroke technique, treading water, hydrodynamics, and diving. The skills assessments will serve as a barometer to measure the ability to correctly demonstrate the techniques, with the quizzes serving as a cognitive retention barometer. The final will assess the cumulative comprehension of the course material.

Course Requirements

General Requirements:

- Attend all classes
- Be on time for class, properly attired, and prepared to participate
- Be prepared for class by doing all appropriate readings and/or assignments
- Turn in all assignments on time into Canvas

- All students are required to utilize and access Canvas and email daily.
- Do not enter the pool area unless instructor is present
- Do not talk to the lifeguards during class time
- Do not enter the water unless told to by the instructor

Proper Attire / Materials

The instructor, at any time may deem that a students' attire is not suitable for class. If this happens the student will be asked to remedy the improper attire immediately. **Non-compliance will result in a decrease in the student's participation grade as per the participation points described below/or maybe asked to leave the class.** The following materials are required in each class section unless notified by the instructor:

- **Required Textbook:** American Red Cross. *Swimming and Water Safety* Pennsylvania: Centennial Edition, 2014 available <http://www.redcrossstore.org/store>
- A notebook and writing utensil (if desired)
- Proper swim suit:
 - Women should wear a **one-piece athletic suit**. Please avoid string bikinis or suits with beading. No undergarments are permitted (**mandatory**)
 - Men, proper swimming trunks required -- please avoid items such as basketball shorts, pants, cut offs, and no undergarments
- Towel(s)
- Goggles
- Swim cap (**mandatory for all hair longer than ear length and at the discretion of instructor**)
- Shower shoes
- Water bottle
- Temple Owl ID
- Ear plugs (if necessary)
- Please **do not** bring anything of value to class, **the instructor is not responsible for personal items lost or stolen***

* There are locker rooms located in Pearson Hall on the basement floor. (**PLEASE ASK ME FOR THE SECURITY CODES TO GET IN**). You can bring a lock and use any locker there to keep your workout clothes but you must remove your lock and belongings by the end of the day. Please be advised that you are at your own risk when putting valuables in the lockers. The instructor and Temple University will **NOT** be responsible for any lost items.

IMPORTANT NOTE: If you are sick or planning on not participating for any reason and still come to class it is mandatory that you still dress in proper attire. Students that do not come to class "dressed to aquatic physical activity" unless notified by instructor will be penalized.

BUILDING EVACUATIONS: If there is an emergency we will have to immediately exit the pool (**OUTSIDE**) please carry some type of additional clothing on deck as we must exit immediately and cannot return until notified.

All students are required to comply with Temple University's Computer and Network Security Policy (<https://computerservices.temple.edu/tech-policies>).

Course Format/Instructional Methods

This class meets in Temple's swimming pool PH 31. Swim suits, caps, and goggles must be worn.

All class materials and assignments will be disseminated through the course Canvas page.

Course Objectives and Competencies

The **Kinesiology Physical Activity Program (KPAP)** follows degree competencies as recommended by the American Kinesiology Association (AKA), (<http://americankinesiology.org/SubPages/Pages/Undergraduate%20Core%20Elements>).

The degree competencies addressed are not just for specific courses but for the program overall.

The Kinesiology Physical Activity Program (KPAP) courses are designed to introduce participants to a variety of physical activities as an academic discipline that involves the study of movement and its impact on health, society, and quality of life (AKA, http://americankinesiology.org/Content/Documents/Position%20Statement_2.pdf). The Kinesiology Physical Activity Program (KPAP) courses are supported by knowledge gained from professional practices centered on physical activity, and knowledge gained from personal physical activity experiences (AKA, <http://americankinesiology.org/SubPages/Pages/Learning%20Outcomes>)

SWBAT = Students will be able to ...

#	LEARNING OBJECTIVE	DEGREE COMPETENCIES ADDRESSED	DIRECT/INDIRECT ASSESSMENT TOOL
1.	Demonstrate an understanding of basic swimming skills on promoting water safety and basic rescue in aquatic environments Increase their skill knowledge by being able to perform more than one swimming stroke and survival skill.	Demonstrate an appreciation and commitment to physical activity practice.	Skill assessments, readings, quizzes, demonstrations
2.	Distinguish and implement stroke mechanics of the front crawl, back crawl, elementary back stroke, sidestroke and breaststroke	Design and evaluate physical activity programs that promote health and improve quality of life	Skill assessments, readings, quizzes, demonstrations
3.	Demonstrate an understanding of anatomy and physiology and impact of hydrodynamics on promoting safety and basic rescue skills in aquatic environments	Describe the underlying scientific foundations of physical activity.	Skill assessments, readings, quizzes, demonstrations

4.	Have a better understanding on how to practice water fitness on their own by providing students with drills and stroke refinement opportunities.	Demonstrate drills throughout the semester that students can take with them after the class is over and utilize on their time. During class times I will refine each student's competencies of each drill and stroke so that they are better prepared.	Skill assessments, readings, quizzes, demonstrations
5.	Demonstrate breath control and rhythmic breathing, basic survival skills, and floating techniques.	Describe the underlying scientific foundations of physical activity.	Skill assessments, readings, quizzes, demonstrations

Course Materials

Required Textbook: American Red Cross. *Swimming and Water Safety* Pennsylvania: Centennial Edition, 2014 available <http://www.redcrossstore.org/store>

All other assignments available via Canvas.

Assignments

This course will include skill assessments, quizzes, peer teaching and demonstrations, and a final exam.

Grading Scale

93-100 A	87-89 B+	77-79 C+	67-69 D+	0-59 F
90-92 A-	83-86 B	73-76 C	63-66 D	
	80-82 B-	70-72 C-	60-62 D-	

Skills Assessments (3)		
Skills Test #1	30 Points	20%
Skills Test #2	30 Points	20%
Skills Test #3	30 Points	20%
Attendance / Participation	15 Points	10%
Quizzes (3)	15 Points	10%
Final Exam	30 Points	20%
	150 Points	100%

Each assignment will receive a numerical grade and be weighted in the calculation of a final numerical grade as indicated above.

Policy on Attendance and Participation

You are required to attend all classes. Be prepared for all classes by doing the appropriate readings and/or assignments. Be on time for class, properly attired, and prepared to participate. Your attendance and participation is worth 10% of your final grade.

The instructor will check role at the beginning and end of each class and students must be available in order to be considered “present” on a given day. It is the student’s responsibility to assure that he or she has been marked present **prior to leaving class** on a given day. If you are tardy to class (+6 MINUTES AFTER CLASS HAS STARTED), you will receive a warning **for the first instance only**. From then on, every two times late will result in an **unexcused** absence. If you know in advance that you are going to be absent from class on a particular day, please notify the instructor as soon as possible prior to that day. In accordance with University policy, the following is a non-exhaustive list of excusable reasons for absence from class: 1) serious illness; 2) serious family emergencies; 3) special curricular requirements (e.g. judging trips, field trips, professional conferences); 4) military obligation; 5) religious holidays; and 6) participation in official university activities such as music performances, athletic competition, or debate. Regardless of the type of absence, you are responsible for any missed information.

E-mail

To facilitate communication, the university requires you to have an e-mail account ending in @temple.edu. During the semester, I will try to return your e-mail within 36 hours unless I am out of the office or the university is closed. E-mails sent after noon on Fridays will generally not be returned until Monday—please plan accordingly. Please remember that e-mails regarding technological questions should be directed to Temple’s Help Desk at help@temple.edu.

Course Minimum Grade

MINIMUM Grade protocol, policies, and procedures may exist, and specific to your degree program. Please review your degree requirements thoroughly.

Incomplete

A student will be eligible for a grade of “Incomplete” only if he/she/they: 1) has completed at least 51% of the work at a passing level, 2) is unable to complete the work for a serious reason beyond his or her control, and 3) files a **signed Agreement for Issuing an Incomplete Grade** form with the instructor outlining the work to be completed and the timeframe in which that work will be completed. The student is responsible for initiating this process and all **signed** incomplete forms must be sent to the Associate Dean for Academic Affairs prior to the start of study days in that semester. (<http://policies.temple.edu/PDF/41.pdf>).

Withdrawal from the Course

If a student wishes to withdraw from a course, it is the student’s responsibility to meet the deadline for the last day to withdraw within the current semester (www.temple.edu/registrar/documents/calendars/). Please consult the University policy on withdrawals (<http://policies.temple.edu/PDF/337.pdf>).

****NOTE:** Last day to withdraw from a 7-week (7A) course is Wed., Sept. 25

Last day to withdraw from a full-term 16-week course is Tues., Oct 22

Last day to withdraw from a 7-week (7B) course is Wed., Nov. 13

Statement on Academic Rights & Responsibilities

Freedom to teach and freedom to learn are inseparable facets of academic freedom. The University has a policy on Student and Faculty Academic Rights and Responsibilities (Policy #03.70.02), which can be accessed at <http://policies.temple.edu/PDF/99.pdf>.

Academic Honesty

According to the University Student Code of Conduct, students must not commit, attempt to commit, aid, encourage, facilitate, or solicit the commission of academic dishonesty and impropriety including plagiarism, academic cheating, and selling lecture notes or other information provided by an instructor without the instructor's authorization. Violations may result in failing the assignment and/or failing the course, and/or other sanctions as enumerated in the University Code of Conduct, which can be accessed at <http://studentconduct.temple.edu/policies>.

Disability Disclosure Statement

A disability disclosure statement that invites students to disclose their need for accommodations, such as: Any student who has a need for accommodations based on the impact of a documented disability or medical condition should contact Disability Resources and Services (DRS) in 100 Ritter Annex (drs@temple.edu; 215-204-1280) to request accommodations and learn more about the resources available to you. If you have a DRS accommodation letter to share with me, or you would like to discuss your accommodations, please contact me as soon as practical. I will work with you and with DRS to coordinate reasonable accommodations for all students with documented disabilities. All discussions related to your accommodations will be confidential.

Counseling Services

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation. These concerns or stressful events may lead to diminished academic performance and ability to participate in daily activities. Counseling services are available through Tuttleman Counseling Center at <https://www.temple.edu/temple-students/health-and-wellness/health-and-counseling>

Sexual Misconduct

Temple University is committed to providing a learning and working environment that emphasizes the dignity and worth of every member of its community, free from discriminatory conduct. Sexual harassment is contrary to this commitment and will not be tolerated. Please refer to the University policy on sexual harassment at: <http://policies.temple.edu/PDF/366.pdf> Additional resources related to sexual harassment and ways in which to report an incident can be found at: <http://sexualmisconduct.temple.edu/>

Permission to Record

Due to the potentially sensitive nature of class discussions, recording of lectures and guest speakers is not permitted without express permission of the instructor. Recording of lectures as a disability accommodation is permitted, but individual students should speak with the course instructor in advance so that it can be done appropriately and respectfully of all class members. Students may not reproduce, sell or otherwise distribute any recorded materials for purposes other than educational reasons.

Library Resources

Students may request appointments with Librarians, who can provide targeted assistance at all stages of your project - individual or small group appointments are available. Easy access to program specific resources may be found in Library research guides <http://guides.temple.edu/hsl>.

College of Public Health students should be aware that there are multiple campus libraries available to them. The Health Sciences site (highlights resources typically used by those in the health professions. Find it by clicking on the Health Sciences Libraries link in top left part of the TULibraries webpage <https://library.temple.edu/> or go directly there <https://library.temple.edu/hsl>. You may also connect with a library through the online chat function for assistance: <https://library.temple.edu/hsl/ask>

Continuity of Instruction in Event of Emergency

Students are to register for the TUAAlert System to be made aware of University closures due to weather or other emergency situations. Please go here to register: <http://www.temple.edu/safety/>. In the event of an emergency, class materials/instructions will be provided via Canvas or zoom. Registered students will be alerted to any alternate testing or submission of assignment from the instructor via email.

General Policies

All University <http://bulletin.temple.edu/undergraduate/academic-policies/> and College of Public Health policies will be upheld. The *Undergraduate Student Handbook* for the College of Public Health details College expectations: (<http://cph.temple.edu/student-handbooks>)

Course Schedule

The information provided below is a **tentative** guideline for course lectures, discussion, and assignments. Please note that the modifications may be adapted at the discretion of the instructor:

WEEK	CONTENT/TOPIC	ASSIGNMENTS/READINGS
WEEK 1 8/26-8/30	Course Overview Pre Examination Thursday	Read Chapters 1-3, Quiz 1 Thurs., 9/5
WEEK 2 9/2-9/6	Testing The Waters Water Safety and Learning to Swim	
WEEK 3 9/9-9/13	Preventing Accidents and Injuries Recognizing & Responding to Aquatic Emergencies	
WEEK 4 9/16-9/20	Basic Aquatic Skills (Entering/Exiting the Water, Bobbing, Breath Control)	
WEEK 5 9/23-9/27	Basic, Aquatic Skills, continued (Floating, Moving in the Water, Underwater Skills)	Read Chapter 4, Quiz 2 Thurs., 9/26
WEEK 6 9/30-10/4	Understanding Hydrodynamic Principles	Skills Assessment #1 Tuesday 10/1 Guest Instructor: Thursday 10/3

WEEK 7 10/7-10/11	Basic Swimming Strokes (Stroke Mechanics, Front Crawl)	
WEEK 8 10/14-10/18	Basic Swimming Strokes, continued (Elementary Backstroke)	Skills Assessment #2 Tuesday 10/15
WEEK 9 10/21-10/25	Basic Swimming Strokes, continued (Back Crawl)	
WEEK 10 10/28-11/1	Basic Swimming Strokes, continued (Breaststroke)	
WEEK 11 11/4-11/8	Basic Swimming Strokes, continued (Sidestroke)	Read Chapter 6, Quiz 3 Tues., 11/12 Guest Instructor: Thursday 11/7
WEEK 12 11/11-11/15	Basic Swimming Strokes, continued (Butterfly, less common strokes)	Skills Assessment #3 Thursday 11/14
WEEK 13 11/18-11/22	Entries, Starts, Turns	
WEEK 14 11/25-11/29	FALL BREAK NO CLASSES	
WEEK 15 12/2-12/6	Review/Practice Final Exam	