

Santa Rosa Junior College
KINESIOLOGY, ATHLETICS & DANCE **Spring 2018**

Course Title: Intermediate Swimming KAQUA 1.2 Department: KAD
Kinesiology, Athletics, and Dance

Course Code: Section 4535

Units: 1.5

Class Days: Mon/Wed

Hours: 7:30-9:00 am

*Instructor: Donna Burch, MA

Classroom: Quinn Swim Center, Indoor Pool

*E-mail: dburch@santarosa.edu

*Office Hours: By appt. or after class.

*Office Phone: 527-4999 ext. 5295

*Instructor Homepage: <https://profiles.santarosa.edu/donna-burch>

***COURSE OUTLINE OF RECORD: KAQUA 1.2**

***COURSE DESCRIPTION:** Learning skills used in swimming, floating, gliding, rhythmic breathing, kicking, learning the front crawl stroke, elementary backstroke, breaststroke, back crawl, treading water, side stroke, and water safety skills. Learning the names of each stroke and each kick and the components of each stroke.

PREREQUISITES: Ability to swim Beginning level.

***COURSE CONTENT: Student Learning Outcomes:**

1. Identify and demonstrate beginning/intermediate level swimming techniques, including rhythmic breathing, front crawl, elementary backstroke, back crawl, and breaststroke.
2. Demonstrate an understanding of proper swimming workout composition.
3. Identify and apply the different strokes, names of kicks, and safety skills.
4. Introduction to Butterfly stroke.
5. Learning to Dive.
6. Demonstrate proper body positions for each stroke.

Objectives:

1. Improve physical fitness through progressive resistance training and aerobic swim exercise.

2. Develop a relationship with water for personal safety, enjoyment, and exercise.
3. Demonstrate proper body mechanics/posture and body core stabilization.
4. Demonstrate water safety skills and be familiar with rescue equipment.

Topic and Scope

1. Stroke Mechanics and Breathing Mechanics

- A. Front Crawl
- B. Back Crawl
- C. Elementary Backstroke
- D. Breaststroke

*ASSIGNMENTS AND GRADING:

Representative assignments may include:

1. Written assignment about swimming experience.
2. Short quizzes to reinforce the concepts listed above.
3. Midterm and Final exams.
4. Skill demonstration of strokes.

*EVALUATION AND GRADING POLICY: Attendance 40-55% of your grade, written assignment is 5-10 % and the exam is 20% with skill demonstration 20 %.

*ATTENDANCE and LATENESS POLICY: Attendance is crucial! A little late now and then is ok,
constantly is not.

OPTIONAL INFORMATION – not required per policy 3.9.1P

Final Exam Date: http://www.santarosa.edu/schedules/academic_calendar/F13_final-exams.pdf

LATE WORK / MAKE-UP EXAM POLICY:

If you are a student who represents SRJC in an off campus activity, you must provide a schedule to the instructor at your earliest opportunity. As well, you must email your instructor at least one week before the scheduled absence. All work must be handed in ahead of the absence or online per instructor's directions.

ACADEMIC DISHONESTY: Any student who employs dishonest tactics shall be subject to action ranging from severe reprimand to a grade of "F." Academic work is evaluated on the

assumption that the work presented is the student's own newly composed, unless designated otherwise. Plagiarism (including self-plagiarism), cheating, and other forms of academic dishonesty or facilitating any such act are not acceptable conduct at Santa Rosa Junior College. Every student is responsible for understanding the categories as listed in the SRJC Student Handbook.

STUDENT CONDUCT: We will conduct ourselves in a manner which reflects our awareness of common standards of decency and the rights of others. All students are expected to know the Student Conduct Code (http://www.santarosa.edu/for_students/rules-regulations/scs/section1.shtml) and adhere to it in this class. Students who violate the code may be suspended from two (2) classes and referred to Vice President of Student Services for discipline.

ACADEMIC INTEGRITY:

All written work is to be original; plagiarism of any kind will result in a failing grade on that assignment. Students who plagiarize or cheat may be suspended [for one or two class meetings by the instructor] and referred to the Vice President of Student Services for discipline sanction, in cases of egregious violation. Please read the college policy/procedure on academic integrity at: <http://www.santarosa.edu/polman/3acadpro/3.11P.pdf>

CELL PHONES / LAPTOPS / MP3 PLAYERS / GUM CHEWING: It is the instructor's expectation that each and every student, and the instructor, will take into consideration respect for the learning environment by turning off all devices with noise and limiting use within the class time. Regarding gum, it has proved to be a major distraction; therefore it is not allowed in class at any time. If an emergency exists that precludes adherence to this request, special permission may be granted by the instructor to keep a device on a vibration setting.

SOCIAL UTILITY USE: Be aware that the instructor is also on social networking sites and checks in often to those sites to be attuned to what is going on and stay in touch. Please know that what is posted on these types of pages is viewed by a wide array of people. Use wise judgment when posting.

SRJC CAMPUSES: Please remember that SRJC is not crime free. Please practice safety awareness procedures such as using the buddy system and being vigilant in all closed areas (restrooms/locker rooms) and in parking lots when coming or going from your car. In case of Emergency: CALL DISTRICT POLICE at 527-1000 (just the extension 1000 from an on-campus phone) or call 911.

EMERGENCY EVACUATION PLAN

In the event of an emergency during class that requires evacuation of the building, please leave the class immediately, but calmly. Our class will meet at the parking lot in front of Quinn Swim Center to make sure everyone got out of the building safely and to receive further instructions. (If the class is on a second or higher floor, provide clear directions to the stairs). If you are a student with a disability who may need assistance in an evacuation, please see me during my office hours as soon as possible so we can discuss an evacuation plan.

In the event of instances which involve the presence of blood and/or other body fluids, universal precautions will be followed. These precautions include: using gloves, careful waste disposal, adequate disinfections, modification of CPR, and hand washing.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you need disability related accommodations for this class, such as a note taker, test taking services, special furniture, etc., please provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations. If you have not received authorization from DRD, it is recommended that you contact them directly. DRD is located on the 3rd floor of the Bertolini Student Center on the Santa Rosa campus, and Jacobs Hall on the Petaluma Campus.

If you have medical concerns or any other personal problem which may be a factor in your performance within this class structure, please feel welcome to confidentially discuss this with your instructor.