

Santa Rosa Junior College

KINESIOLOGY, ATHLETICS & DANCE Spring 2019

Course Title: Beginning Swimming Department: KAD

Kinesiology, Athletics, and Dance

Course Code: Section 4533 KAQUA 1.1 Units: 1.5

Class Days: Tues/Thurs 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 1.1 & 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 float helpful, not required.

*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.

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 & goals for class. Due week 2!
2. Short quizzes to reinforce the concepts listed above at mid term time.
3. Midterm and Final exams written and practical.
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_finalexams. Disregard the time and show up at our Regular class time!

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 oncampus

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 in

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.