

Basic Course Information

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| Semester | Summer 2019 | Instructor Name | Cuauhtemoc Carboni, Ph.D. |
| Course Title & # | PE 121 Beg/Inter Swimming | Email | temo.carboni@imperial.edu |
| CRN # | 30214 | Webpage (optional) | |
| Room | POOL | Office | 705 |
| Class Dates | Jun 17 – July 25 | Office Hours | Make Appointment |
| Class Days | MTWR | Office Phone # | 760-355-6250 |
| Class Times | 10:00 – 11:20 AM | Email me if student will be out or emergency | temo.carboni@imperial.edu |
| Units | 1.0 | | |

Course Description

This course is concerned with teaching the student to successfully execute the proper strokes for swimming. Skills, fundamentals, and safety knowledge are stressed from the beginner to the intermediate swimmer. (CSU) (UC credit limited. See a counselor.)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Exhibit improved swimming skills by moving up one level on the Am Red Cross Learn-to-Swim Program (ILO3)
2. Create, implement, and critique one 45 minute swim workout (ILO 1, 2, 3)

Course Objectives

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

1. Demonstrate the knowledge of safety skills while in, on, or about the water.
2. Demonstrate the basic swimming strokes and diving skills.
3. Recognize skills and interest in the activity to be enjoyed as a recreational activity.
4. Recognize the importance of swimming as a contributing factor to physical fitness.

Textbooks & Other Resources or Links

1. American Red Cross (2017). *Swimming and Water Safety Manual*

Course Requirements and Instructional Methods

Instructional methods that will be used in this course are the following: In class activities, written assignments, reading assignments, discussion, group activities, fitness assessments, class participation.

Due to the physical activity nature of this course you need to come prepared to be in the water every class meeting. Please observe and obey ALL pool area rules and regulations at all times.

- Clothing- you should wear appropriate attire so that you can swim easily. Swimming suits will suffice. Avoid loose clothing that could get caught in the water return system. Bring your towel, sun screen and sandals.
- Changing clothes and securing personal items- you are welcome to use the bathrooms near the pool to change into and out of your swimming suits. The bathrooms will be open 15 minutes before class starts. **Be warned that there is no one monitoring the bathrooms so do not bring your valuables and do not leave your bags in the bathroom during class. You can leave your bags on the bleachers.**
- Cell Phones: Cell phones are not allowed in the pool deck or pool. If you need to answer a call in case of an emergency let the instructor know and step outside the pool and pool deck to answer.
- Food- you should eat something about an hour before a swimming class. A light meal of carbohydrates and protein is ideal. If you are diabetic or hypoglycemic, please let me know and remember to bring some easy to eat food with you. If you feel a reaction coming on stop, check and treat it right away.
- Check Blood Glucose- if you take insulin or diabetic pills, blood monitoring is important. You want to avoid low levels so please check your glucose levels twice before class. Check it 30 minutes before and once again just before class. That way you'll know if your blood glucose is stable or dropping. If it's dropping you may need a snack.

Course Grading Based on Course Objectives

Grades will be based on class participation and effort, demonstration and knowledge, assignments, fitness swimming program and final exam. You may have no more than 3 absences to pass this class. You will be dropped on the 4th absence by the drop date. You are tardy at 5 min. after the start time and absent at 10 min. after the start time. Three times being tardy will equal one absence.

Grading Points

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|-----------------------|------------|
| Swim Fitness Program: | 100 point |
| Skills Test: | 200 points |
| Final: | 100 points |
| Participation: | 600 points |

Grading Scale:

| | |
|----|---------------------|
| A= | 1000 – 900 points |
| B= | 890 – 800 points |
| C= | 790 – 700 point |
| D= | 690 – 600 points |
| F= | 590 or below points |

Total Points: 1000 points

Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online

courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.

- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as ‘excused’ absences.

Classroom Etiquette

- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

Academic Honesty

- Plagiarism is to take and present as one’s own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly ‘cite a source’, you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment ;(c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service

Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313 if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762

Information Literacy

Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

Anticipated Tentative Class Schedule / Calendar

| Date | Assignment, and/or Topic | Assignments/Readings/Activities Due |
|-------------|---------------------------------------|--|
| 17-June | Orientation, Course Description | In-class swimming profile R 1 & 2 |
| 18-June | Water Safety | R 3 |
| 19-June | Aquatic Emergencies | R 4 |
| 20-June | Hydrodynamic Principles | R 5 |
| 24-June | Basic Aquatic Skills | R 6 |
| 25-June | Front Crawl | R 6 |
| 26-June | Front Crawl | R 6 |
| 27-June | Front Crawl | R 6 |
| 1-July | Back Crawl | R 6 |
| 2-July | Back Crawl | R 6 |
| 3-July | Back Crawl | R 6 |
| 8-July | Back Crawl | R 6 |
| 9-July | Breaststroke | R 6 |
| 10-July | Breaststroke | R 6 |
| 11-July | Breaststroke | R 6 |
| 15-July | Elementary Backstroke | R 6 |
| 16-July | Elementary Backstroke | R 6 |
| 17-July | Elementary Backstroke | R 6 |
| 18-July | Sidestroke | R 6 |
| 22-July | Sidestroke | R 7 Skills Test |
| 23-July | Entries | R 9 & 10 |
| 24-July | Lifetime Swim Fitness | R 9 & 10 |
| 25-July | Individual Swim Programs & Final Exam | |