WAYNE STATE UNIVERSITY  
College of Education

DIVISION: Kinesiology, Health, and Sport Studies

PROGRAM AREA: Lifestyle Fitness Activities (LFA)

LFA WEB SITE: www.kinesiology.wayne.edu (click Lifestyle Fitness Activities)

COURSE: LFA 1100 -- SWIMMING: ELEMENTARY

COURSE CREDIT: 02 Credit Hours

TERM/YEAR:

COURSE LOCATION: 150 Matthaei Building (Pool)

TIME/DAY:

INSTRUCTOR:

OFFICE: By appointment only

OFFICE HOURS: By appointment only

TELEPHONE: E-Mail:

COURSE DESCRIPTION: Fundamental skills and knowledge in aquatics for beginners.

COURSE OUTCOMES: At the conclusion of the course, students will be able to:

1. Perform the front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke.

2. Perform basic water survival and rescue skills.

3. Gain confidence in deep water.

4. Discuss various topics related to swimming, including methods of monitoring, exercise intensity, proper nutrition, injury prevention and treatment, and healthy behaviors.

5. Discuss and explain basic water safety guidelines that should be implemented around any aquatic setting.

6. Discuss and demonstrate the different types of assists that are available in any aquatic setting.

7. Identify and explain common mistakes that a beginner swimmer may make while learning the different strokes.
None Required


Handouts and articles will be distributed throughout the semester.

One 22-point Article Review

The students’ final grades will be based on the following criteria:

1. One Article Review; 22 Points Maximum
   Students will write a one-page written summary of an article on swimming or an aquatic exercise. Articles may be obtained from sources such as scientific journals, swimming magazines, and reputable Internet sources. A copy of the article must be stapled to the student’s summary in order to receive credit.

2. Attendance and Participation—Most Important! 78 Points Maximum
   "Note: One of the reasons for this strict attendance policy reflects the fact that classes of this type are largely participatory--the outcomes are essentially equivalent to the process. Given the nature of the subject, successful completion of activity courses of this kind require regular attendance and full participation." Regular attendance and participation is necessary in order to improve the student’s swimming skills. (26 days x 3 pts. = 78 pts. for attendance & participation)
   a. Three (3) points earned for each class student attends and participates.
   b. Two (2) points earned for each class student is late or leaves early (10 min.)
   c. Zero points earned when student is absent

3. This attendance point system accounts for 26 of the 28 semester class periods. Students will be allowed two absences without penalty.

<table>
<thead>
<tr>
<th>GRADING</th>
<th>Points Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>100 - 93 pts</td>
<td>A</td>
<td>77 - 73 pts</td>
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<tr>
<td>92 - 90 pts</td>
<td>A-</td>
<td>72 - 70 pts</td>
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<tr>
<td>89 - 88 pts</td>
<td>B+</td>
<td>69 - 68 pts</td>
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<td>87 - 83 pts</td>
<td>B</td>
<td>67 - 63 pts</td>
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<tr>
<td>82 - 80 pts</td>
<td>B-</td>
<td>62 - 60 pts</td>
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<tr>
<td>79 - 78 pts</td>
<td>C+</td>
<td>59 or Below</td>
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ACADEMIC DISHONESTY/PLAGIARISM:

The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin (http://bulletins.wayne.edu/ubk-output/index.html) and Graduate Catalog.
These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

WITHDRAWAL POLICY:

It is the student’s responsibility to request withdrawal from class. After the fifth week students may make their request on Pipeline, and their instructor will need to approve it.

There are three options:

WP - Withdrawal with a passing grade earned to date.
WF - Withdrawal with a failing grade earned to date.
WN - Withdrawal never attended or no graded work to date.

MEDICAL WITHDRAWAL:

A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a “(partial) medical withdrawal” and may receive complete or partial reimbursement of tuition paid for this class. A physician’s statement is required. Forms to use to apply for “medical withdrawal” may be obtained from the Registrar, or from www.wayne.edu (type in “forms and instructions” in the search box).

RELIGIOUS OBSERVANCE POLICY:

Because of the extraordinary variety of affiliations represented in the university student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is university policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

In the LFA program, each class allows for a certain number of make-up classes. Since attendance and participation are a substantial part of the evaluation, students will have to take this into account with the total number of make-ups allowed for that particular LFA class.

STUDENTS WITH DISABILITIES:

Wayne State University is committed to providing students with disabilities an equal opportunity to benefit from its programs, services, and activities. All printed materials are available in alternative formats. Please request alternative format materials from the instructor of the course. If the limitations imposed by your disability interfere with your ability to fulfill the requirements for the successful completion of this course, you are strongly encouraged to contact Student Disability Services (SDS) in room 5155 Gullen Mall/1600 UGL to request an accommodation. Website: www.studentdisability.wayne.edu

SDS Telephone Numbers: VOICE 313-577-1851 or TDD 313-577-3365.
LFA ADD POLICY:

The university permits students to add (provided the classes are not filled) and drop classes the first week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the second week of the semester with the permission and signature of the instructor as well as completion of the Registrar's form titled Add/Drop Class After Deadline Date. Overrides will be made through the KHS division office, room 2252, once the official form has been completed. There will be no students admitted to LFA classes after the second week of the semester!!

CLASS POLICIES:

1. Doctor's notes, funeral cards, and proof of jury duty will be accepted as excused for up to THREE additional absences over and above the TWO "free days." Missed class periods can be made up in a Weight Training or Zumba LFA courses offered at the university within fourteen days of the missed scheduled class. A maximum combination of THREE make-ups or excused absences & TWO "free days" will be accepted.

2. Proper swimsuit is required. Goggles are not required for class; however, they are strongly recommended. Please shower before entering the pool.

3. If any students have prior injuries/physical conditions, (such as recent surgeries, diabetes, epilepsy, etc), please notify the instructor on the first day of class.

4. A health card is not required for participation, but the university informs you: "Participation in physical activity includes the risk of trauma and/or injury. The university is NOT responsible for accident or illness which results from participation in class and requires that no student be allowed to participate in a class before signing the Statement of Informed Consent and Release Claims form."

5. No grades of Incomplete (I) will be given.

6. Students are responsible to check Blackboard on a regular basis.

7. Locker rental: Visit Tartar Shop for information.

8. Eating and gum chewing are prohibited during class!

9. Cell phones must be turned off during the class.

10. Door Check Policy: For security reasons, students are expected to show WSU OneCard (and possible back-up) upon entering the Matthaei Building.

11. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class. HAVE FUN!

CLASS SCHEDULE:

Week One: Introduction

Week Two: Begin Swimming, Skill Testing and Water Adjustment

Week Three: Front Crawl

Week Four: Elementary Back Stroke
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<th>Week</th>
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<td>Side Stroke</td>
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<td>Seven</td>
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<td>Ten</td>
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<td>Twelve</td>
<td>Starts and Turns</td>
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<tr>
<td>Thirteen</td>
<td>Article and Make-ups Due, Review for Water Test</td>
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<tr>
<td>Fourteen</td>
<td>Water Test</td>
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