

HESA 215 Advanced Beginning Swimming

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Office Hours: Posted on office door each semester
Credit Hours: One

Required Text: None

Course Description: This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. This course covers the mechanics of a variety of strokes, training methods, training principles, safety, with swim techniques that maximize fitness gains and minimize injuries.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the health and exercise studies category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

Student Learning Outcomes

By the end of this course, students will be able to:

1. Identify water safety rules and precautions.
2. Identify arm, leg, coordination, breathing techniques for five swim strokes
3. Swim five advanced beginning swim strokes.
4. Maintain or improve cardio respiratory endurance.
5. Identify and apply surface and underwater deep-water skills.

Grading:

350 Yard Performance Swim	50 Points
Stroke Analysis	20 Points
Deep Water Skills	10 Points
Written Evaluations	20 Points

Written Evaluation: Multiple Choice, True/False

Grading Scale

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php for more information.

- 1) The student will be allowed 5 absences (excused or unexcused). On the sixth absence (excused or unexcused) the student will receive an “F” or “U” for the course.
- 2) Two tardies equal one absence.

- 3) It is the student's responsibility to let the instructor know if they came in after attendance was called, immediately following class, on the same day of the tardy.
- 4) Students will have 5 minutes at the beginning and end of class to change clothes on all non-lecture or non-written exam days.
- 5) Any student who does not have written documentation for an excused absence (emergency illness for themselves or family, death in the family, court date or school sponsored event) will receive the grade of 0 for any testing (physical or written) missed (See class schedule on the syllabus).
- 6) Attendance counts from the first day of class until the last, whether the student is enrolled or not.

Clothing & Equipment

Attire

Swim suit of students' choice. Bring swim goggles (always) and a sport watch (if available). Use the suit dryers located in the locker rooms after each class.

Return your locker issue by the last day of exams.

All-Campus Card:

Students will need to present their all campus card for admittance and use of all Carmichael Gymnasium facilities and services.

Safety Recommendations:

- 1) Inform the instructor of any medical concerns, which may restrict participation in the activity.
- 2) Seek medical attention immediately of any symptoms of nausea, fainting, dizziness, joint ailments, shortness of breath, chest pains or any other medical conditions that may arise.
- 3) Drink plenty of fluids (water is your best fluid replacement) throughout the day and prior to participation in class. 64 oz. is recommended.
- 4) A proper warm-up is needed before beginning the activity and cool-down following the activity.
- 5) You should follow proper exercise/skill techniques demonstrated by your instructor.
- 6) Follow all class guidelines, as set by your instructor.

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

This Semester: October 16

Requirements for Auditors: Audit students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade.

http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades:

http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: classeval@ncsu.edu

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website:
http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php
(http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php).
2. Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Services Office (<http://www.ncsu.edu/dso>) located at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation at http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php.
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic

environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.

4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Please turn off cell phones during class.
9. All musical devices, such as MP3 players must be turned off when you enter this class.

Class Schedule & Reading Assignments:

Week 1	Syllabus/Safety/Introductions
Week 2	Lead Up Skills Lead Up Skills
Week 3	Elementary Backstroke Mechanics Elementary Backstroke Practice
Week 4	Front Crawl Mechanics Front Crawl Practice
Week 5	Back Crawl Mechanics Back Crawl Practice
Week 6	Breast Stroke Mechanics Breast Stroke Practice
Week 7	Side Stroke Mechanics Side Stroke Practice
Week 8	Butterfly Mechanics and Practice OFF – Fall Break
Week 9	Starts and Turns All Stroke Practice
Week 10	Conditioning Deep Water Skills
Week 11	Conditioning Deep Water Skills
Week 12	Conditioning Conditioning
Week 13	Written Final Exam (<i>November 10</i>) 350 Yard Performance Swim (<i>November 12</i>)
Week 14	Stroke Analysis (<i>November 17</i>) Stroke Analysis (<i>November 19</i>)
Week 15	Deep Water Skills Test (<i>November 24</i>) OFF- - Thanksgiving
Week 16	Game Day & Make Ups For Documented Emergencies Game Day & Make Ups For Documented Emergencies

*Conditioning - Various types of training used on these days to improve all components of fitness

Stroke Analysis:

Students are tested on five strokes; 1) front crawl, 2) back crawl, 3) breaststroke, 4) elementary backstroke, 5) sidestroke. The instructor evaluates form for correct body/head position, correct kick pattern, correct arm/pull pattern, correct body roll if applicable, correct breathing techniques, and overall strength/efficiency of the stroke.

Performance Swim:

Students are tested for the successful completion of a 350 yd (7 lap) swim using any combination of the five strokes which have been taught. Students are instructed to avoid touching the bottom of the pool and to minimize time turning at the wall.

Deep Water Skills:

Deep water skills include the ability to tread water for 10 minutes. Student is tested on the ability to perform a dive entry from the side of the pool.