Angelo State University  
Department of Kinesiology  
Spring Semester, 2020

<table>
<thead>
<tr>
<th>Course: Swimming P.A. 1112-01Z</th>
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<tbody>
<tr>
<td>MW (9-9:50 a.m.)</td>
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<tr>
<td><strong>Instructor</strong>: Jack Plott, BS, MAT, M.Ed, American Red Cross Water Safety Instructor &amp; WSI-trainer since 1970</td>
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<tr>
<td><strong>Phone</strong>: (work) 942-2173, (home) 949-9807, (cell) 227-5649</td>
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<table>
<thead>
<tr>
<th>Course: Swimming P.A. 1112-02Z</th>
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<tbody>
<tr>
<td>MW (10-10:50 a.m.)</td>
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<tr>
<td><strong>Office Hours</strong>: CHP 105 MW 8-8:45, 11-11:45 a.m. TTR 9:15-10:45 a.m. F 10-12 p.m.</td>
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<td><strong>Assigned classrooms</strong>: (.01Z) 9 a.m. CHP 207 (.02Z) 10 a.m. A 121</td>
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### Course Description:

This course will provide the student with principles and techniques of swimming. Students will develop essential stroke mechanics involved in swimming in an effort to minimize resistance against the water. Students will also learn the importance of water safety and basic water survival techniques. This course will start with a moderate rate of physical conditioning and will increase as we move towards the end of the semester, as muscular strength and aerobic endurance capabilities are simultaneously increased. I will grade your stroke mechanics comprising the arms, legs, breathing and coordination of each stroke. The strokes do NOT have to be perfect but reasonable.

### Course Objectives:

Upon completion of this course, students should be able to:
1. Float in the water without a floatation aid.
2. Demonstrate treading water.
3. Demonstrate the following major strokes: front crawl (freestyle), back crawl (back stroke), breast, elementary back, side and the butterfly stroke.
4. Demonstrate the following variational, minor strokes: trudgen, trudgen crawl, overarm side and the inverted breast stroke.
5. Demonstrate a standing dive front the deck.
6. Use swimming as a mode of cardiovascular exercise.

Students will also receive an understanding in various wellness topics as: portion control, hidden ingredients in many beverages and ways to slow down the aging process and at the same time, increase the quality of their lives.

**Course Attendance & Participation**

Attendance is required for success in this course. We will have 30 class days with each counting 2.0 points (60 points total for the semester). You may make up absences by swimming at least 30-40 minutes in the afternoons/evenings with written lifeguard verification (which will be turned into me the next class for credit). Please note, I WILL NOT allow you to make up more than 3 absences during the semester. Excused absences include: university-sponsored activities, religious holy day(s) and military training. The pool hours are posted outside the entrances to CHP.

<table>
<thead>
<tr>
<th>Course Grading</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>Major stroke skills</td>
<td>6% 90-100%</td>
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<tr>
<td>Minor stroke skills</td>
<td>4% 80-89%</td>
</tr>
<tr>
<td>Endurance Test</td>
<td>12% 70-79%</td>
</tr>
<tr>
<td>Treading water test</td>
<td>6% 60-69%</td>
</tr>
<tr>
<td>Attendance (29 days)</td>
<td>60% 59 and below</td>
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<tr>
<td>(3) wellness power point summaries</td>
<td>12%</td>
</tr>
<tr>
<td>Total points</td>
<td>100</td>
</tr>
<tr>
<td>Bonus points</td>
<td>1 pt. (101 pts. possible)</td>
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**Academic Integrity**

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s [Statement of Academic Integrity](#).

**Accommodations for Students with Disabilities**

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or
activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

**Honor Code**  Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.

**Semester Schedule (subject to change)**

1-13 orientation 9 a.m. (.01Z)  10 a.m. (.02Z)

1-15 testing & floating

1-20 MLK holiday (no class)

1-22 back crawl stroke/endurance

1-27 endurance swimming

1-29 Portion Distortion wellness presentation (assigned classroom)

2-3 flip turns/endurance swimming

2-5 elementary back stroke/endurance swimming
2-10 diving/endurance swimming
2-12 side stroke/endurance swimming
2-17 endurance swimming
2-19 breast stroke/endurance swimming
2-24 treading water/endurance swimming
2-26 water polo
3-2 endurance swimming
3-4 butterfly
3-9 through 3-11 spring break
3-16 butterfly/endurance swimming
3-18 Obesity in a Bottle wellness presentation (assigned classroom)
3-23 trudgen crawl/trudgen strokes
3-25 endurance swimming
3-30 overarm side stroke
4-1 endurance swimming
4-6 endurance swimming
4-8 inverted breast stroke
4-13 Slow Down the Aging Process wellness presentation (assigned classroom)
4-15 treading water test
4-20 endurance swimming
4-22 water polo
4-27 endurance swim test (800 meters/875 yards)
4-29 endurance swim test (800 meters/875 yards)
https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php

ii https://www.angelo.edu/services/disability-services/