



Angelo State University
Department of Kinesiology
Spring Semester, 2022

Course: Swimming P.A. 1112-01Z MW (9-9:50 a.m.)	Course: Swimming P.A. 1112-02Z MW (10-10:50 a.m.)
Instructor : Jack Plott, BS, MAT, M.ED, American Red Cross Water Safety Instructor & WSI-trainer since 1970 SAISD (1980-1990) P.E. K-6 Dept. of Defense Dependent Schools (1990-2006)(overseas) P.E. K-12 ASU Kinesiology Dept. Spring 2009 to present	Office Hours: CHP 105 MW 8-8:45, 11-11:45 a.m. TTR 9:15-10:45 a.m. F 10-12 p.m. Assigned classrooms: (.01Z) 9 a.m. CHP 204 (.02Z) 10 a.m. CHP 204
Phone: (work) 942-2173, (home) 949-9807, (cell) 227-5649	E-mail: cplott@angelo.edu

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 from the deck.
6. Use swimming as a mode of cardiovascular exercise.

Students will also receive an understanding in various wellness topics such 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 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. Please turn in the absence make up form 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 located outside the entrances to CHP.

Course Grading		Grading Scale	
Major stroke skills	12%	90-100%	A
Minor stroke skills	8%	80-89%	B
Endurance Test	12%	70-79%	C
Treading water test	8%	60-69%	D
Attendance (30 days)	60%	59 and below	F
Total points	100		
Bonus points	1 pt.	(101 pts. possible	

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](#).ⁱⁱ 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.

Course Syllabus Statement on Required Use of Masks/Facial Coverings by Students in Class at Angelo State University

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory *Facial Covering Policy* to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

Physical Health and Well Being Expectations:

Students are responsible to monitor and self-screen their physical health everyday they attend campus. To assist you with this endeavor, the following information is for you to comprehend and apply to the daily wellness screen:

COVID-19 symptoms:

- Fever of 100 degrees Fahrenheit or greater
- A new cough that is not attributable to another medical condition
- New muscle aches not attributable to another medical condition or another specific activity (e.g., due to physical activity and/or exercise)
- New or worsening headache
- New loss of taste or smell
- Throat pain not attributable to another medical condition
- Congestion and/or runny nose not attributable to another medical condition
- New shortness of breath not attributable to another condition
- Nausea or vomiting
- Diarrhea

Expectations for class:

1. Complete the "Daily COVID-19 Wellness Screening" tool found on the ASU website before coming on to campus. Go to: <https://www.angelo.edu/wellness-screening>.
2. Be prepared to show "wellness badge" before and/or upon entering the building and/or classrooms.
3. Face coverings and physically distancing while in class
4. If you are experiencing symptoms, email the instructor after you have sought medical attention.

If you are exhibiting COVID-19 symptoms and/or have a temperature of 100 degrees Fahrenheit or greater, it is recommended that the student stay home and seek medical attention.

Seek medical attention:

First option:

- Download and use the Shannon on Demand app.
- Create an account
- Use payment code SHANNONCOVID19 which will cover your cost if it is COVID related.
- Talk to one of the physicians available
- Carefully follow the physician's instructions

Second option:

- Call and make an appointment with ASU Shannon Clinic – Jackson by calling 325-942-2171
- Attend appointment
- Carefully follow the physician's and/or healthcare provider's instructions.

Addition to your physical health, your mental and emotional health should be monitored and screened as well. If you are experiencing signs and symptoms related to anxiety and /or depression revolving around this current pandemic situation, please contact the ASU Counseling Services at 325-942-2371 or visiting [Counseling Services](#).

Semester Schedule (subject to change)

1-19 orientation (upstairs in CHP 204)

1-24 testing & floating

1-26 back crawl stroke/endurance swimming

1-31 elementary back stroke/endurance swimming

2-2 endurance swimming

2-7 side stroke

2-9 side stroke

2-14 endurance swimming

2-16 flip turns

2-21 endurance swimming

2-23 breast stroke

2-28 breast stroke

3-2 endurance swimming

3-7 diving/endurance swimming

3-9 water polo

3-14 through 18 spring-break

3-21 endurance swimming

3-23 butterfly

3-28 butterfly/endurance swimming

3-30 endurance swimming

4-4 trudgen crawl/trudgen stroke

4-6 tread water test

4-11 endurance swimming

4-13 inverted breast stroke

4-18 endurance swimming

4-20 overarm side stroke/endurance swimming

4-25 endurance swimming

4-27 water polo

5-2 endurance swim test (800 meters/875 yards)

5-4 endurance swim test (800 meters/875 yards)

ⁱ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

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