Instructor: Toni Pfister, Office: Room 716
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Office Hours are Mondays 5:50 – 6:50pm, Wednesdays from 3:00 – 4:00 pm, Tuesdays/Thursdays from 12:30 – 2:00 pm. Changes are posted on office door. I have many other hours available to meet with you; just drop me a message if you would like to set up an appointment.

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. Stroke analysis, conditioning and endurance are stressed in the progression of classes. (CSU) (UC credit limited. See a counselor.) This course may be taken four times.

Student Learning Outcome: Exhibit improved swimming skills by moving up one level on the Am Red Cross Learn-to-Swim Program; create and implement one 30- minute comprehensive aquatic workout.

Course Objectives:
Upon successful completion of the course the student will be able to:

1. Perform basic skills - relax and submerge, float-prone and supine, recover from a floating position, turnover, change directions, bob, jellyfish float, tread water.
   And with good form:
2. Swim 100 yards nonstop with a stroke of your choice.
5. Swim 25 yards Front Crawl.
7. Swim 25 yards Breaststroke.
8. Perform turns for the front crawl, backstroke, breaststroke.
9. Develop a workout incorporating swimming principles such as warm-up, cool down, swim/kick/pull sets, and rest intervals.

Evaluation:
Student evaluation will be based on active class participation, practical tests, subjective evaluation of stroke technique, written assignments to include workout development and final exam stressing the principles of swimming.

Participation: 60 points
Pre Testing (2nd class meeting): 7 points
Create & Implement 45 min workout: 10 points
Post Testing (Jun 1 and 3): 8 points
Stroke Improvement as shown by Post Test: 5 points
Written Final on June 8: 10 points
Total Points possible: 100 points

**Testing dates may change at the instructor's discretion due to pool availability.**

Everyone begins with 60 participation points. These points are lost when one is tardy, is not ready at the start of class, leaves class early, or is absent.

Absences count against your points as follows:
No absences - can receive up to 60 points
1 absence - can receive up to 55 points
2 absences - can receive up to 50 points
3 absences - can receive up to 45 points

Add up your total points from each section. Divide 100 by your total points.
**FINAL GRADE:** A = 100-90%, B = 89-80%, C = 79-70%, D = 69-60%, F = 59% - below

Method of Instruction:
Methods of instruction may include, but are not limited to, the following:
* Lecture Discussion
* Small group work
* Laboratory
* Audio-Visual
* Collaborative Learning
* Demonstration

Attendance
1. You may miss up to 6% of the scheduled class hours. (2 hours)
2. All absences are treated the same (doctor’s appointments, court hearings, illness, accidents, travel, etc.). Two missed classes may be made up at another time as long as make-up is arranged with instructor and completed within ten days of absence. All make-ups must be completed by the start of class on May 27.

3. **DO NOT** come late to class. This is disrespectful and disruptive to the class. Three tardies equal one absence. Students arriving at 10:30 a.m. or later will not be able to participate in class, will receive an absence for the day, and will not receive participation points.

4. If you plan to leave class early, please let me know. Leaving early or not returning after break can be treated as either a **tardy** or an **absence**.

**Student Responsibilities**

1. Participate in class discussions and activities.
2. Come to class prepared to workout. No changing clothes on pool deck. There are locker rooms for clothes changing. You can keep a lock on a small locker all semester.
3. **All assignments must be typed and double-spaced or points will be lost.**
4. If you are having trouble with the course and/or personal problems, communicate with the instructor as soon as possible so as to get the help needed.
5. All exams must be taken as scheduled - no make ups.
6. If you have any form of disability, please inform instructor within the first two weeks so that you may get the assistance you may need.
7. **NO DIVING** into shallow pool or into water less than 9 feet deep in deep pool.
8. **NO SPLASHING OR PLAYING AROUND** in pool during class time. No swearing or put downs. Keep language family style!!
9. Do **NOT** enter pool complex unless the instructor is present.
10. No dogs, bikes, cameras, visitors, or food in the pool complex.
11. Phones and pagers must be turned off while you are inside the aquatic complex.
12. Do **not** swim under swimming pool tarps.
Body position is very important for all strokes. Generally, if one lifts her/his head then the legs will begin to sink. This is a less efficient way to move through the water.

Breaststroke, Elementary Backstroke, and Sidestroke all have a glide – a point when the swimmer does not move, but glides through the water.

A flutter kick is used in Front Crawl and Back Crawl. Front Crawl and Back Crawl are continuous strokes without a glide. These strokes do have a side to side "body roll" that makes the strokes more efficient.

A Whip Kick is used in Elementary Backstroke and Breaststroke.

A Scissor Kick is used in Sidestroke.

To help remember the movements for Sidestroke, the mantra is, “Pick an apple and put it in the basket.”

To help remember the movements and timing of Breaststroke, the mantra is, "Pull and Breathe, and Kick and Glide."

Two ways to increase your swim speed and endurance are to improve your cardiovascular endurance and improve the efficiency in which you swim the stroke (more horizontal body position, better kick and pull).

A “length” is going from one side of the pool to the other. It is 25 yards long. A "lap" is swimming down and back, ending up at the starting point. It is 50 yards long.

Circle swimming is a safe way to swim with another person in your lane. The lane is like a road way, you stay on one side of the lane when going down the pool and the other side when coming back. To be courteous and safe, always let someone know when you are going to begin swimming in their lane.

Workouts may include the warm-up, drills, sprints, games, and the cool-down.

***More information is given out in class – it will benefit you to pay attention.
**Schedule of Events**

**Week**
1. Syllabus Review, Aquatic Safety, Introduction to Pool Facility, Pre-Test
2. Water Comfort, Floating, Gliding, Rhythmic Breathing
   Front/Back Flutter Kick, Front Crawl
3. Front Crawl, Under Water Swimming
4. Back Crawl, Sculling
5. Breaststroke, Deep Water Swimming
6. Elementary Backstroke, Treading
7. Sidestroke, Diving
8. Open and Closed Turns, Building Endurance, Fitness Principles, Intervals, Swim Sets
9. Students Design & Implement Swim Workouts
10. Post - Test, Practical "Skills" Testing
11. Written Final

**Swim Workout - 10 points total - (Implement 5/25 and 5/27)**

**Part I** Design a 45 minute workout to include (3 pt.)
1. Warm Up - easy, skill development
2. Main sets - consider how many laps and the stroke/water jog movement
3. Sprints - consider how many laps, minutes, stop watch, etc.
4. Different things - water jogging, relay, something fun
5. Cool down - easy, stretching

**Part II** Implement Your Workout: You and at least one other person follow your plan. (3 pt)
When the workout is completed, ask your partner what they liked, didn't like, or would change.

**Part III** Write a one page paper describing (4 pt.) Paper due on 6/01 (not accepted late)
1. Describe the workout and name the person who followed it with you. What went well? What didn’t go well?
2. What would you change?
3. What did your partner think of your workout?
4. What did you think of your workout?

**IMPORTANT DATES:**
- March 25: Late registration ends. Last day to add and drop.
- May 25: Withdrawal deadline - Last day to drop with "W"