



FRESNO CITY COLLEGE  
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[fresnocitycollege.edu](http://fresnocitycollege.edu)

Allied Health, Physical Education & Athletics Division  
Course Syllabus  
PE 12: SWIMMING  
Fall 2016

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<i>Instructor:</i> Mr. Edward Kraus	<i>Classroom:</i> POOL
<i>Course Title:</i> Swimming	<i>Department:</i> Allied Health, PE & Athletics
<i>Course #:</i> 17588	<i>Units:</i> 1
<i>Days:</i> M-Th	<i>Hours:</i> 3:00-4:15 PM
<i>Email:</i> <a href="mailto:edward.kraus@fresnocitycollege.edu">edward.kraus@fresnocitycollege.edu</a>	<i>Phone:</i> 559-244-2604 (Department Office)
<i>Office Location/Hours:</i> By Appointment	
<i>Transferable:</i> UC/CSU	<i>Pre/Co requisites:</i> None
<i>Degree:</i> AA/AS Req. 6; CSU Area E Lifelong Learning and Self-Development	

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### Course Description

This course is based on the concept of utilizing the 5 components of fitness as it relates to swimming. Beginning and advanced swimmers will improve cardiorespiratory fitness by swimming pre-determined workouts. An emphasis will be placed on how to train/workout, cardiorespiratory fitness, muscular strength and endurance, flexibility, conditioning, proper swimming techniques, and managing weight. Most class periods will be devoted to swimming for fitness but we will also explore other types of water exercises as they relate to swimming. Students will be evaluated through a combination of reading and writing, swimming assessments, discussion boards, journals, activity log, quizzes, and skill demonstrations. Students will be able to demonstrate an improved level of cardiorespiratory fitness, apply weight management concepts to daily living, demonstrate proper swimming techniques, and apply the knowledge to design a personal swimming program.

### Course Goals

*In the process of completing this course, students will learn:*

- *Identify and interpret the meaning of fitness test results.*
- *Based on fitness testing, develop a conditioning program suited to the unique needs of each student.*
- *Demonstrate a competence in the activities chosen to implement his/her particular training program.*
- *Based on retesting, evaluate the strengths or weaknesses of the training program, and adjust the program accordingly.*

## Student Learning Outcomes

Upon completion of this course students will be able to:

- Analyze and apply basic swimming skills.
- Demonstrate the four basic swimming strokes.
- Improve physical endurance through swimming.

## Course Expectations

Students will be held to college level academic standards. Students are required to participate in all fitness skills, study, interact, read, and write. Course topics will cover proper swimming attire, swimming etiquette, aquatic equipment, the 5 components of fitness, the 5 principles of fitness, the components of a swimming workout, proper swimming techniques, and nutrition. Reading and writing components may include a combination of reading assignments, written summaries, projects, short answer quizzes, true- false quizzes, activity log, discussion boards, or journal entries. Student participation in this class is an integral part of the learning process to achieve success.

## Grading Policy & Assignments

### Assignments:

Participation: 35 pts  
 Skill Improvement (Pre/Post): 20 pts  
 Article Review: 20 pts  
 Final Quiz: 20 pts  
 Target Heart Rate Sheet: 5 pts

### Grade Scale:

90-100 =A  
 80-89 =B  
 70-79 =C  
 60-69 =D  
 0-59 =F

### Skill Improvement

Students will participate in a 12-minute Cooper Swim Test at the beginning and end of the semester.

### Pre/Post 12-Minute Swim Test: (20 points)

Rating/Distance (yards)					
<i>Men</i>	Very poor	Poor	Fair	Good	Excellent
Age:13-19	Below 500	500-599	600-699	700-799	Above 800
20-29	Below 400	400-499	500-599	600-699	Above 700
30-39	Below 350	350-449	450-549	550-649	Above 650
40-49	Below 300	300-399	400-499	500-599	Above 600
50-59	Below 250	250-349	350-449	450-549	Above 550
60 and over	Below 250	250-299	300-399	400-499	Above 500
<i>Women</i>	Very poor	Poor	Fair	Good	Excellent
Age:13-19	Below 400	400-499	500-599	600-699	Above 700
20-29	Below 300	300-399	400-499	500-599	Above 600
30-39	Below 250	250-349	350-449	450-549	Above 550
40-49	Below 200	200-299	300-399	400-499	Above 500
50-59	Below 150	150-249	250-349	350-449	Above 450
60 and over	Below 150	150-199	200-299	300-399	Above 400

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### **Article Review (20 points)**

Read a current article or periodical (2013-2016) related to fitness, nutrition, wellness, and/or health, which you think relates to this course. Type a two full page article summarizing in 1½ pages and then explain your thoughts in a ½ page on how the article relates to you and this class. It needs to be typed, in a 12 font, 1-inch margins, single-spaced name and class information, doubled-spaced body, edited, staple the rubric on the front, and staple the article behind the review.

### **Final (20 points)**

Written final will consist of a written quiz based on all course material. Everything you need to know will be discussed in class or posted on Blackboard.

### **Participation/Attendance Policy (35 points)**

Participation in each class workout is an integral part of your grade, so attendance and effort is very important. Regular attendance is a must. Requirements will be mandated by college policy. Students may be dropped after four (4) consecutive absences in the first four (4) weeks or if the instructor feels the student is not making satisfactory progress. Students who miss the first day of class, show a pattern of absences which are considered excessive, or just doesn't participate (bad attitude) in the class activities can be dropped at the discretion of the instructor.

Attendance is mandatory; two (2) "free" absences will be allowed. The first two (2) absences are "free", meaning they do not have to be made-up and do not affect your final grade. Only two (2) make-ups will be allowed during the semester. You may choose to make up a missed class by attending another PE class. At the completion of class, have the instructor sign the make-up slip and turn it into me at the beginning of the next class session. Absences that are not made-up will result in a progressive doubling of point loss (i.e.: 2, 4, 8, 16, 32), beyond the "free" two (2) absences.

Class will start exactly 5 minutes past the class start time in order to give you time to change. If you are more than 5 minutes late to class (10 minutes past the start of class), you will be marked absent. Attendance will be taken at the end of class!

Points lost for absences follow:

- 1<sup>st</sup>, 2<sup>nd</sup> absence= free
- 3<sup>rd</sup> absence= -2 points
- 4<sup>th</sup> absence= -4 points
- 5<sup>th</sup> absence= -8 points
- 6<sup>th</sup> absence= -16 points
- 7<sup>th</sup> absence = -32 points

...and so on. Points lost accumulate very quickly. I will be strict on my absence policy!

Please note: If you need to miss for any reason, it will count as a free day or if you are past your "2 free" days, you will need to make it up in order to receive credit. If you get injured, you can still come to class and observe! If you have an emergency, which does prevent you from making it to class, please arrange to get all information from a teammate. I HIGHLY recommend you get the phone number or email address from several dependable teammates. If you are injured and cannot participate, you are required to provide documentation and still attend class. A DOCUMENTED PERSONAL EMERGENCY INCLUDES: jury duty, medical emergency, death in the family, and student-athlete requirements. Be aware that doubling points per absence will be subtracted from your total attendance grade if there is failure to provide appropriate evidence.

### **Late Work & Make-up Policy**

No late work will be accepted. There may be extra credit points available in this class. This is at the sole discretion of the instructor and should not be counted on. I will only accept assignments on the due date either in person or via email (only if you have made prior arrangement with me). Again, these options are only available for turning in assignments on the due date. If sent by email, the assignment must be received by the end of the normally scheduled class time. Exams or quizzes may only be made up if prior authorization from the instructor has occurred. If you miss an exam and have not spoken to me prior, you will not be allowed to make it up. I reserve the right to handle each issue on a case by case basis.

## Communication

The instructor will communicate via Blackboard/Email. All documentation and out-of-class announcements are also made via Blackboard/Email. It is your responsibility to check Blackboard regularly as well as having a working email through Blackboard. When sending an email, make sure it is typed in a PROFESSIONAL manner making sure you state which class and time you are in. Do not start an email in the following format: Dude, Bro, Hey or Yo. For example, "Hey, I'm not coming to class, John Doe." "Dude, I am sick today, Jane Doe." "Yo, what did I miss today?" If I see an email addressed to me in the abovementioned manner, I will automatically hit the delete button. Please start an email with one of the following formats; Mr. Kraus, Ed, Hello Mr. Kraus, Hello Ed, Hi Mr. Kraus or Hi Ed.

## Course Policies & Safety Issues

It is the policy of the course that appropriate swimming attire must be worn for each class. Swimsuits should not consist of "bikinis" or "basketball shorts." Goggles must be good quality but inexpensive. If I determine your attire is inappropriate, you will not be allowed to participate that day, and you will be docked two (2) participation/attendance points for the day. Please come properly dressed and ready to participate before the beginning of class. DO NOT DRESS/UNDRESS on the pool deck. It is the student's responsibility to secure and store all valuables in a safe place. There are lockers available upon request. The college and your instructor are not responsible for lost, stolen, or damaged property of the student.

### Safety Rules

1. Absolutely no gum, band aids, glass, or food in or around the pool.
2. Do not bring tobacco or alcohol to class.
3. You may not swim your own workout, one will be provided for you, and encouraged to swim at your own pace.
4. Please follow the swimming etiquette as discussed in class and be respectful of others' abilities and differences.
5. Please use appropriate language and behavior. You will receive one warning and then will be removed from the class on the next occurrence. If it continues further action will be taken.
6. Get a teammate so you can stay up-to-date in case of an absence.
7. Come to class physically and mentally prepared. Be aware of potential hazards associated with participation in this course.
8. Electronic devices are not permitted in class. If you are observed using electronic devices during class time, you will be asked to leave immediately, and marked absent for the day.
9. Special safety situations
  - a. Do not dive into the shallow end of the pool.
  - b. Do not run on the pool deck.
  - c. Do not do not do a flip into the pool.
  - d. Do not run and dive into the diving pool.
  - e. Only dive feet first in the diving pool.
  - f. Do not sit on or throw the kickboards.
  - g. Goggles must be worn at all times.

You will be asked to leave the class immediately and marked absent for the day upon an infraction of the abovementioned rules!

### Other Policies

Unsportsmanlike behavior and deliberate belligerent language will NOT be tolerated, will result in immediate dismissal from class, docked five (5) participation/attendance points for the day, and may be required to see the dean prior to returning to class. Also, guests are NOT permitted in class for liability reasons.

### Injury Protocol

Because this is an activity class, there is a potential that you might sustain some kind of injury. YOU MUST REPORT ANY AND ALL INJURIES TO THE INSTRUCTOR THAT TAKE PLACE DURING CLASS TIME! If you are injured while in class, stop the activity and make sure that the instructor is immediately informed. If you have an open wound, you will be asked to cover it with a proper bandage. I advise you to enter the Campus Emergency number in your phone. 559-442-8201.

## Academic Dishonesty

### **Plagiarism:**

*“Plagiarism is a specific form of cheating and is the use of another’s words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work tube evaluated in different courses without the knowledge and consent of the instructors involved, or encouraging, permitting, or assisting another to do any act that could subject him or her to discipline.”*

*“Incidents of cheating and plagiarism may result in a variety of sanctions and penalties that may range from a failing grade on the particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.”* (FCC Catalogue page 53).

## Disabled Student Programs & Services (DSPS)

Accommodations for students with disabilities: *“If you have a verified need for an academic accommodation or materials in alternate media (i.e.: Braille, large print, electronic text, etc.) per the Americans with Disabilities Act or Section 504 of the Rehabilitation Act, please contact your instructor as soon as possible.”*

Any students with disabilities, that feel accommodation is needed to best succeed in the class, are encouraged to meet with me as soon as possible to discuss reasonable accommodations. Students should also visit the DSP&S office to make sure that all services available are being employed. The DSP&S office can be contacted at 559- 442-8237 (FCC main) or in person in the A (Administration) Building.

## Tentative Class Schedule

### Syllabus Subject to Change

This syllabus and schedule are subject to change in the event of extenuating circumstances. If you are absent from class, it is your responsibility to check on announcements made while you were absent.

Students will be notified of specific changes during a regularly scheduled class meeting. I reserve the right to make changes that benefit the majority of students and that allow for student learning outcomes to be enhanced. It is the responsibility of the student to ensure he/she has the latest version of the course syllabus.

*Fall 2016*

	Date	Topic	What's Due
Week 1	8/15	Orientation to course; swimming attire; handouts	
	8/16	Swimming etiquette; heart rate; pre 12-minute swim test, observation of strokes	<b>Pre Swim Test (10 points)</b>
	8/17	Aquatic equipment; components of a swimming workout (interval training, aerobic/anaerobic); freestyle refinement; freestyle drills and swimming	
	8/18	The 5 components of fitness; freestyle refinement; freestyle drills and swimming	
Week 2	8/22	500yd swim; flip turns; target heart rate	<b>Target Heart Rate (5 points)</b>
	8/23	The 5 principles of fitness; backstroke refinement; backstroke/freestyle drills and swimming	
	8/24	Nutrition; breaststroke refinement; breaststroke drills and swimming	
	8/25	Breaststroke refinement; breaststroke drills and swimming	
Week 3	8/29	Butterfly refinement; butterfly/freestyle drills and swimming	
	8/30	Butterfly refinement; butterfly/freestyle drills and swimming	
	8/31	Relays	
	9/1	"sprint" workout	
Week 4	9/5	<b>LABOR DAY</b>	<b>HOLIDAY</b>
	9/6	Workout	
	9/7	Workout	
	9/8	Tabata Workout	
Week 5	9/12	Pyramid Workout	
	9/13	Workout	
	9/14	Workout	
	9/15	Ladder Workout	<b>Article Review (20 points)</b>
Week 6	9/19	Mid-distance Swim	
	9/20	Workout	
	9/21	Workout	
	9/22	Distance Swim	
Week 7	9/26	Swim Meet	
	9/27	Workout	
	9/28	Workout	
	9/29	Menu Meet	
Week 8	10/3	Water Fitness	
	10/4	Workout	
	10/5	Workout	
	10/6	Boot camp	

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Week 9	10/10	Taper Workout	Taper Workout
	10/11	Alternative Workout (FS)	Alternative Workout (FS)
	10/12	Post 12-minute swim test	<b>Post 12-minute swim test</b>
	10/13	Final	<b>Final</b>