Instructor: Lauren Parrett  
Lauren.parrett22@gmail.com  
714-914-7521  
Office Hours: T/TH 10:20am-11:00am  

Course Prerequisites  
Basic knowledge and demonstration of swimming competitive swim strokes including the front crawl (freestyle), back crawl (backstroke), breaststroke and butterfly. Students are not required to have a competitive swimming background; however, students must be comfortable with swimming approximately 45 minutes.

Course Registration Process and Registration Fee Payment:

- Registration for the ENS credit class is completed on SDSU WebPortal (see more information under Student Add Policy for WebPortal).
- Courses located in Aztec Recreation Center (ARC), ARC Express and Aquaplex require an Aztec Recreation membership that may be purchased in person at each location during operating hours. Refer to class description at arc.sdsu.edu/ensclasses or your instructor to confirm membership requirement.
- The course registration fee payment is required for all registered students taking for credit or non-credit (if applicable).
- Course registration fee payment must be made within one week after the student drop date through Aztec Recreation (AR) at the Aztec Recreation Center, Aztec Aquaplex, Aztec Lanes, ARC Express or online at arc.sdsu.edu. The registration fee may ONLY be paid through one of these AR locations or website and is NOT included with university billing for tuition and lab fees.
- Students that have not paid fee directly to Aztec Recreation by the deadline will not be permitted to continue participation until payment is made. Please provide copy of your receipt to instructor to verify payment.
- A student’s space in class is not guaranteed until registration fee and membership (if applicable) are paid.
Important Dates to Remember:

- 8/30/16  First Day of Classes
- 9/12/16  Student Add/Drop Deadline
- 9/19/16  Deadline to pay registration fee at Aztec Recreation or arc.sdsu.edu
- 11/22/16 Optional Practice (Thanksgiving Holiday 11/24/16)
- 12/6/16  Last day of class/Final Examination

Course Materials
Course participants are required to wear proper swim attire appropriate for sport activity. Students are recommended to bring goggles and a towel to each class. Additionally, students are required to check Blackboard regularly (weekly at a minimum) for class updates and assignments.

Purpose
The purpose of the ENS Beginning Swim Fitness course is to provide students with a safe, positive environment to further develop individual swimming skill progression and technique in a group setting. Through course lectures, drills, workout sets, and safety topic discussions, students will gain a better understanding of how to independently approach swimming as a fitness activity while improving personal swim technique. The ENS Beginning Swim Fitness course supports the mission of the SDSU school of Exercise and Nutritional Science by providing students with the environment and instruction to promote health and fitness through the sport of swimming at the Aztec Aquaplex.

Course Description
ENS 138 Beginning Swim Fitness is an activity-based course designed for students interested in improving their swim strokes and fitness levels. This course focuses on stroke refinement and for swimming including technique instruction, injury prevention, stroke drills, and speed training exercises.

Learning Outcomes
By the end of the semester, the student should be able to demonstrate the following skills and knowledge through in-class demonstration and examination:

1) Demonstrate the acquisition and application of competition swimming fundamentals including using a pace clock, using competitive turns, and proper stroke mechanics.
2) Demonstrate understanding of competitive swimming training stages and proper progression levels.
3) Demonstrate understanding of different methods and strategies of swim conditioning.
4) Demonstrate proper use of swimming equipment including kick boards & pull buoys.
5) Demonstrate the ability to create and/or make a specific type of swim workout.
School of ENS/Aztec Recreation Learning Goals and Objectives

1) Demonstrate a positive change in personal fitness and wellness.
2) Demonstrate skills and knowledge necessary to participate in the course-specific activity.
3) Demonstrate an understanding of the course-specific activity as it relates to health for overall wellness and student success.

Assessment & Grading

This is a class designed heavily on individual participation. Assignments and exams have been limited to the following:

<table>
<thead>
<tr>
<th>Assignment/Exam</th>
<th>Details</th>
<th>Learning Outcomes Assessed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midterm assignment</td>
<td>In-person skills assessment</td>
<td>Course: 1, 2, 3, 4</td>
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<tr>
<td></td>
<td></td>
<td>Dept: 1, 2</td>
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<tr>
<td>Written exam</td>
<td>Written Assignment</td>
<td>Course: 1, 2, 3, 4</td>
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<tr>
<td></td>
<td></td>
<td>Dept: 2, 3</td>
</tr>
<tr>
<td>Final Practical</td>
<td>In-person skills assessment</td>
<td>Course: 1, 2, 3, 4, 5</td>
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<tr>
<td></td>
<td></td>
<td>Dept: 1, 2</td>
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</tbody>
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Grading Criteria:

Students will be evaluated in the following areas: daily participation, written examination, and a final skill practical. The semester includes 15 scheduled class meetings. Participation is based off of attendance and involvement in the class on a weekly basis.

<table>
<thead>
<tr>
<th>Evaluation Areas</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Participation</td>
<td>150 points</td>
</tr>
<tr>
<td>Midterm practical/ Written test</td>
<td>20 points</td>
</tr>
<tr>
<td>Final practical</td>
<td>30 points</td>
</tr>
<tr>
<td>Total</td>
<td>200 points</td>
</tr>
</tbody>
</table>

Grading Scale:

90-100%    A
80-89%     B
70-79%     C or Credit
60-69%     D or No Credit
<60%       F or No Credit

Incomplete (I): If portion of the coursework has not been completed and evaluated due to unforeseen, but fully justified reasons, there is a possibility of earning credit. This grading option will be used when a student is unable to complete practical requirements for the course due to illness, injury, or emergency situation. The missed assignments will typically made up the in the following
semester but no later than one calendar year immediately following the end of the term in which the incomplete grade is assigned.

Withdrawal Unauthorized (WU): This indicates you enrolled in the course, did not withdraw from the course but failed to complete the requirements. It is typically used when a student stops coming to class and therefore misses a significant number of assignments, course activities, or both.

**Expectations and Class Policies**

**Daily Participation:**

This class is designed to provide students with a mix of theoretical concepts and practical experience. You will be expected to participate in each day’s activities since the best way for you to develop practical knowledge is to experience the movements. Your participation is critical and each day of class participation is equal to ten (10) points. Ten (10) points will be deducted for each class absence or lack of adherence to the following policies listed below.

Participation points may be deducted if the following are not adhered to:

- Wear proper swim attire as required by the Aztec Aquaplex facility rules
- Be on time for class and stay for the entire class
- Be physically engaged in activity demonstrating sincere effort for all tasks
- Demonstrate respectful behavior at all times and be supportive of your classmates
- Cell phones must be turned off and put away during class
- No food or beverages other than water in closed container

**Absence Policy:**

- Attendance is required every class period.
- Students will be given one unexcused absence for class that meets 1 time/week without being penalized and does not need to be made up.
- If a student misses more than maximum unexcused absence(s), they will need to complete a make-up or bonus assignment, if available, from the instructor to make up points.
- Absences due to illness, which is documented by the University Health Center or from a personal physician, will not be penalized and these absences will be considered excused. If you are sick (contagious, running a fever) or you have injured yourself (rolled your ankle, twisted your knee) and are unable to attend but have not gone to the doctor, you need to contact the instructor to confirm an excused absence. Instructor may require documentation. Students should notify the instructor of any injury or long-term medical condition as soon as possible.
- Students need to notify the instructor regarding absences that will occur during the semester due to religious observances or university sponsored activities. Students will not be penalized for these absences and they will be excused if instructor is notified in advance.
- If you know you have a demanding schedule and are likely to have a spotty attendance record for this class, please consider taking the class for credit/no credit grading or for non-credit (if applicable).

**Assignments:**
• All assignments are due in class on designated submission date given in syllabus or by instructor.
• Failure to submit assignments on time will result in a daily penalty of 10% with no credit awarded for the assignment after one week past due unless previously arranged.
• Complete all work independently unless it is a group assigned project.

Other Policies:
• All students in credit classes are expected to adhere to university and Aztec Recreation policies and conduct standards.
• If student is injured during class, immediate notification of instructor is required.

Student Add Policy for WebPortal
• Students can register for open course sections from their registration assignment time through the fifth day of classes.
• If a course selection is full, students can join the wait list for a course section on their registration date and time through the tenth day of classes.
• Students must join the wait list for all course sections beginning on the sixth day of classes through the tenth day of classes even if there are available seats.
• Faculty/Instructors must add seats to their course sections in order for students to be added from the wait list.
• Course Registration fee payment is required to participate in this course and must be made directly to Aztec Recreation after registration completed in WebPortal and before fee deadline one week after student drop date.

Students with Disabilities
If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet with me soon. Please request that the Counselor for Students with Disabilities send a letter verifying your disability. You will receive the appropriate accommodations from the day that you provide me with the necessary documentation. Course accommodations will not be applied retroactively (e.g. after an exam).

Academic Integrity
All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, and paraphrases) must be properly acknowledged and documented. If in doubt, you are encouraged to review guidelines for the proper use of sources. (e.g. http://www.hamilton.edu/resource/wc/usingsources.html), as well as university guidelines, including definition and policy, regarding cheating and plagiarism http://its.sdsu.edu/resources/turnitin/pdf/Plagiarism_AcadSen.pdf

Course Outline
The following course outline is a tentative schedule. Items are subject to change during the semester for inclement weather or other reasons as determined by the course instructor.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Class Meeting</th>
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<table>
<thead>
<tr>
<th></th>
<th>Course Introduction, Safety and Skills Assessment</th>
<th>Classroom/In water</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>History of the Sport/ Safety Instructions</td>
<td>Classroom/In water</td>
</tr>
<tr>
<td>3</td>
<td>Workout Advice/Stroke Technique</td>
<td>In water</td>
</tr>
<tr>
<td>4</td>
<td>Stroke Technique Drills</td>
<td>In water</td>
</tr>
<tr>
<td>5</td>
<td>Stroke Technique Drills</td>
<td>In water</td>
</tr>
<tr>
<td>6</td>
<td>Drills/Turns/Finishes</td>
<td>In water</td>
</tr>
<tr>
<td>7</td>
<td>Workout</td>
<td>In water</td>
</tr>
<tr>
<td>8</td>
<td>Midterm and Assessment</td>
<td>Classroom/In water</td>
</tr>
<tr>
<td>9</td>
<td>Workout</td>
<td>In water</td>
</tr>
<tr>
<td>10</td>
<td>Drills/Turns/Finishes</td>
<td>In water</td>
</tr>
<tr>
<td>11</td>
<td>Workout</td>
<td>In water</td>
</tr>
<tr>
<td>12</td>
<td>Workout</td>
<td>In water</td>
</tr>
<tr>
<td>13</td>
<td>Stroke Refinement</td>
<td>In water</td>
</tr>
<tr>
<td>14</td>
<td>Stroke Refinement</td>
<td>In water</td>
</tr>
<tr>
<td>15</td>
<td>Final Examination and Assessment</td>
<td>Classroom/In water</td>
</tr>
</tbody>
</table>