SADDLEBACK COLLEGE
Kinesiology & Athletics Department

COURSE SYLLABUS -- KNES 41, 42, 43, 44

Swimming for Non-Swimmers, Intermediate Swimming, Advanced Swimming, and Aquatic Conditioning

INSTRUCTOR: Mark Moore
PHONE: (949) 233-6521
E-MAIL: mmoore42@saddleback.edu
OFFICE HOURS: By Appointment
CLASS TIME: 9:00-10:10 AM

“Students with disabilities who may need accommodations in this class are encouraged to notify the instructor and contact Disabled Student Services & programs (DSP & S) early in the semester so that reasonable Accommodations may be implemented as soon as possible. Students may contact DSP&S in person in Room 113 or by phone at (949) 582-4885 or (949) 582-4833 (TTY for deaf).”

Recommended Preparation:
KNES 41 – none
KNES 42 – Successful completion of KNES 41 or equivalent or specified skill competencies.
KNES 43 – Successful completion of KNES 42 or equivalent or specified skill competencies.
KNES 44 – basic swimming ability. (Successful completion of KNES 42/43 or equivalent or specified skill competencies.)

Text: (Required) HANDOUT from the website. Look for it under this class.

Course Description:
KNES 41 – This course designed to introduce basic skills of swimming strokes, floating, treading water and safety skills.
KNES 42 – This course is designed to help students master aquatic strokes and safety skills.
KNES 43 – This course is designed to introduce advanced swimming and diving skills.
KNES 44 – This course is designed for lap swimmers who have acquired basic swimming techniques. Students are instructed in workouts which will improve cardiovascular endurance.
ALL – Flexibility, exercise, nutrition, and proper training techniques will be included in the course of study.
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Students Will:

KNES 41
A. Increase proficiency in the water by learning and expanding floating, breathing and basic swimming skills.
B. Evaluate the merits of swimming as a contributing factor to physical fitness.
C. Demonstrate knowledge of the principles of physical fitness as well as healthy lifestyle choices and evaluate their impact on an individual’s health and well-being.

KNES 42 (in addition to the above mentioned)
A. Increase proficiency in the water by learning and expanding swimming skills.
B. Demonstrate skill mastery of all swimming strokes.

KNES 43 (in addition to the above mentioned)
A. Analyze and select the most appropriate stroke for development of cardiovascular endurance.
B. Demonstrate and evaluate skill mastery of all strokes.

KNES 44 (in addition to the above mentioned)
A. Continue working on mastering the efficiency of each of the swim strokes while developing, maintain and emphasizing physical fitness through swimming.
B. Developing, demonstrating and evaluating competition skills of swimming.

Assignments:
1. Complete periodic selected reading.
2. Written final completed at home on assigned readings or videotapes chosen by the instructor.
3. Periodic Class discussion on skills and safety, videos and assigned materials.
4. Periodic review of videotapes chosen by the instructor.

Grading:
20% Participation *
20% Skills Development/Physical Condition
15% Assignments
20% Written Examination
25% Skills and Conditioning Examination
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* Make Ups:
A maximum of 4 absences may be made up, 2 of which can be a written article/video critiques and 2 can be workouts performed outside of the class. All make-ups need to be presented on a typed letter size paper. Typed workouts need to be detailed to the specific topic being covered as well as heart rates recorded. Typed article critiques need to be one page in length and include a summary, critique and copy of the article.

Late Assignments:
Assignments will be due on Mondays. You may turn them in on Wednesday and they will not be considered late. If you don’t turn it in until the following Monday, the 10 points will be deducted (10 points for each week late).

Tardies/Leaving Early:
After 2 tardies or getting out early, up to 5 points will be deducted from each day.

Swimming Attire:
Swim suits must be worn by all. No jean cut offs. Long hair should be tucked up into a cap or ay minimum tied back. Goggles are suggested for the warm-up but not required.

Lockers:
Please see locker room attendants for locker (women – Kathleen, men – Jim or Efren)

Rainy Days:
Class will be conducted regardless of weather! Bring a large plastic bag to keep your things dry.

Rules & Regulations:
Compliance with all rules and regulations in the Saddleback College Catalog including student conduct, and academic honesty will be both expected and required. For a summary of the code, please refer to the Student Handbook available to you at registration or in the counseling and matriculation office.