

University of Louisiana at Lafayette
College of Education
Swimming -Fitness

Course: KNEA 258

Schedule: MWF 8:30am – 10:20am

Half Semester

Instructor: Angela Boudreaux

Telephone: NA

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Semester: Fall 2006

Location: BOUR

Office: 118A Bourgeois Hall

Office hours: By appt. only

Course Description:

KNEA 258: Swimming- Fitness (1, 2, 2)

For the student who wants to improve fitness through an individualized swimming program. Proper stroke technique and fitness concepts are stressed. Prereq: Student should be able to swim a minimum of 25 yds. (crawl) and be comfortable in deep water. Fa., Sp., Su.

Text – none required – A notebook or folder is required for lectures.

Conceptual Framework: The Responsive Professional

The conceptual framework of the UL Lafayette College of Education is designed to expand upon the institution's commitment to be a responsive university. Students are expected to demonstrate knowledge, skills, and dispositions associated with the four elements of a ***Responsive Professional***. Responsive Professionals demonstrate expertise in knowledge and practice. They are reflective practitioners who respect diversity and demonstrate a commitment to professionalism.

Course Objectives and Corresponding Unit Outcomes

Each student should be able to:

1. Develop and demonstrate the knowledge and skill of basic swimming strokes.(Disp.4,CF-K2)
2. Acquire and demonstrate personal safety with confidence in the water (Disp.4,CF-K2)
3. Acquire and demonstrate general basic water safety skills while swimming.(Disp.4,CF-K2)
4. Improve fitness through an individualized swimming program.(Disp.4, CF-K2)
5. Perform an adequate warm-up and cool down for each swim-fitness workout.(Disp.4, CF-K2)
6. Exhibits respect for all types of diversity. (CF-D4)

Course Requirements

1. Sign Medical Form prior to participation.
2. Attend class regularly and on time.
3. Dress appropriately for swimming (preferably a swim that allows freedom of movement and maximum coverage).
4. Active participation is essential for the successful completion of the course.
5. Workout at proper intensity and throughout the entire class period on designated skills.

Technology Integration

The program blackboard may be used for various activities during the course of the class.

Course Evaluation

1. Active Participation=50 points
 2. Attendance=100 pts
 3. Skill Tests: Stroke technique (2) (midterm & end of semester) 50 pts
Basic endurance (2) 12 min. swim tests (midterm & end of semester)
25 pts each = 50 pts
 4. Knowledge: Written exams (2) (midterm & end of semester) 50 pts each = 100 pts
- Total possible points = 400 points

GRADE SCALE:

- 360-400 = A
- 320-359 = B
- 280-319 = C
- 240-279 = D
- <239 = F

Course Policies and Procedures

Emergency Evacuation Procedures

A map of this floor is posted near the elevator marking the evacuation route and the Designated Route Area. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Students who may need assistance should identify themselves to the teaching faculty.

Attendance Policy

Absences:

Half(½) Semester Classes		Full Semester Classes	
Absent days deducted	Points deducted	Absent days	Points
1	5	1	2
2	10	2	2
3	15	3	3
4	20	4	4
5	F	5	10
		6	15
		7	25
		8	F

Tardy:

Each tardy will result in 2 points being deducted from the participation grade.

Failure to dress out, dress appropriately or leaving class early with out instructors' permission results 2 points deducted from the participation grade.

Academic Honesty

The College of Education adheres to the policy on academic honesty as outlined on page 427 in the Undergraduate bulletin (2003-2005).

Students Requiring Special Accommodations

Students requiring special accommodations must register with the Office of services for Students with disabilities and provide official documentation to the instructor in a timely manner.