Course: PKIN 0295: Pre Swim I

Term: Winter 2017

Prerequisite: None: Permission of Instructor. Candidates will be screened to ensure that they are eligible for the course.

Course Instructor: Tamara Wood
tamaraws@yorku.ca

Time: Tuesday and Thursday
Section N 9:30-10:30    Section P 1:30-2:30
Section O 10:30-11:30    Section Q 2:30-3:30 (women only)

Location: Tait Pool

Course Description: This is an introduction to Learn to Swim and Water Survival Skills for those with little or no swimming background or ability. The beginning swimmer will develop an awareness of the aquatic environment and a sense of security in their own aquatic abilities. They will learn basic aquatic skills and techniques as well as safety, self-rescue, and water safety for the aquatic participant.

The course will be taught thorough demonstrations and discussion. This is a practical course and students will be required to actively participate in the pool each session. Through practice, observation and feedback students will develop the required skills. Students will work with the instructor and their peers to increase their comfort and skill level.

Course Learning Objectives:
Students will develop basic swimming and movement skills. They will increase their comfort in and around the water. They will understand how to increase their swimming and fitness skills in the aquatic environment and will develop water safety knowledge.

The students will be able to
- Demonstrate water safe behaviour for rescue of self, others and ice safety
- Demonstrate a variety of safe entries into the water
- Develop a variety of floatation skills
- Demonstrate movement skills on front and back
- Identify the four main strokes and attempt to perform
- Perform the “National Swim to Survive” standard – entry, surface support for two minutes and swim 50 metres
- Perform an endurance swim (distance to be determined by instructor)

Evaluation:
Practical Evaluation: 75%
Assignments 10%
Theory Exam: 15%

Please Note: All assignments must be completed as assigned and submitted by due date(s). Otherwise penalties will be incurred; ½ letter grade per day late will be applied. All assignments / exams must be handed in at the start of the class, on the pool deck on the date due. Or they may be handed in to the KINE office in Bethune College room 341.
Students may choose to exercise the Pass/Fail option. It is the student's responsibility to notify the instructor that they wish to exercise the Pass/Fail option in the last class of the term. Practicum courses grading scale is A, B, C, F or Pass/Fail.

**NOTE:** If you Opt for the Pass/Fail you do **not** qualify for the Kinesiology and Health Science Honour Roll and Tait Mckenzie Honour Society.

**Additional Information:**

**Participation:** to receive credit for a practicum course students must attend and actively participate in a minimum of 80% of the class for the course. Students who miss more than four classes will not pass this course. It is not enough to attend without participation. Students who attend but do not enter the water will not receive full attendance for that class.

**Important Course Information for Students:**

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) - [http://www.yorku.ca/secretariat/senate/committees/ascp/index-ascp.html](http://www.yorku.ca/secretariat/senate/committees/ascp/index-ascp.html)

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, (learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation