

**Western University
School of Kinesiology
KIN 2915T - Swimming Skills**

Course Information:

Jenna Smith & Morgan Jennings
Swimming Course Coordinator – contact for all questions and attendance concerns
aqautics@uwo.ca

Teaching Assistants:

Sydney Harrington

Course Location, Dates, and Times:

Please bring your student card with you to each class as you must “swipe” it at Membership Services to enter the facility.

Tuesdays and Thursdays both R and T quarters

12:30 pm – 2:30 pm (class will be dismissed by 2 pm to allow for changing/travel time)
Western Student Recreation Centre (WSRC) Pool

Fridays

12:30 pm – 1:30 pm
WSRC Room 2226 (Aquatic Classroom)

Final Practical and Written Examinations:

Week of March 28th in class time

Course Description:

This course will develop the performance of selected competitive swimming strokes as well as rescue response as a lifesaver in various aquatic settings. The application of principles of biomechanics, learning progressions, error detection, error correction, and class safety will also be discussed and demonstrated.

Pre-requisite(s):

- Completion of the first year Kinesiology program and registration in the School of Kinesiology. 5 lecture/lab hours per week for 6 weeks 0.25 course.
- Basic swimming ability (able to swim 500 metres continuously) and comfort in deep water.
- Unless you have either the requisites for this course or special written permission from your Dean to enroll in it, you will be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary pre-requisites.

Course Objectives:

- To study and experience basic methods of developing skilled technique in the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) as well as starts and turns.
- To study and experience rescue skills and rescue response as a lifesaver in various aquatic settings.
- Through group work and co-operative learning develop the ability to demonstrate the skills listed above.

Course Evaluation:**Lifesaving (30% of final grade)**

- Designated items evaluated in class (continuously) and designated items evaluated by an Examiner
- Includes first aid presentations

Swimming (40% of final grade)**Written Exam (30% of final grade)**

- Multiple choice and short answer questions
- Material tested will be from course notes well as the *Canadian First Aid Manual (\$15.00)*. The *Canadian First Aid Manual* is available for purchase at the Equipment Lending Desk at the Western Student Recreation Centre.
- Information discussed during pool sessions may also be included on the exam. First Aid topics that are not listed in your course notes will not appear on the written exam.

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at:

www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf

Course Content (order of topics subject to adjustment by TA's):**Swimming:**

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|-------------------------|---------------------------------------|
| • Physical principles | • Butterfly |
| • Stroke analysis | • 5 minute endurance swim |
| • Front crawl/freestyle | • Sprints |
| • Backstroke | • Swimming starts, strokes, and turns |
| • Breaststroke | |

Lifesaving Skills and First Aid:

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| • Victim simulation and throwing accuracy | • Obstructed airway and CPR adult and child |
| • Fitness skills and fitness challenge | • Primary and secondary surveys |
| • Defenses and releases | • Respiratory and circulatory emergencies |
| • Rescuer's Checklist and Ladder Approach | • Heat and cold related injuries |
| • Trends in aquatic incidents | • Critical incident stress |
| • Goals of FAID; EMS, PPE; legal implications of first aid | • Shallow water spinal rolls/deep water spinal rolls and transport |
| • Scene assessments and using bystanders | • Aquatic rescues and first aid situations |

Attendance:

Since group work and cooperative learning is a key aspect of this course, active participation in each class is **mandatory**. A student who cannot physically participate in a given class due to a moderate health or injury problem is expected to attend class and assist his/her classmates by providing feedback regarding error detection/correction.

1. If unable to attend class or either portion of the exam for medical, compassionate, academic or varsity reasons, the student must present appropriate documentation to the Swimming Course Coordinator before the end of the quarter.
2. One percent will be deducted from a student's final grade for each unexcused absence.
3. There is no make-up for missed classes.
4. If you miss class on the day you are scheduled to present, you will lose marks for the presentation until you are able to present appropriate documentation.

Lateness:

Students are required to be dressed in appropriate attire by the start of the class time. Lateness qualifies for invalid excuses when the teaching assistant has begun teaching. At three "lates", the student will lose one per cent of their final grade, and subsequently 1 per cent for every late thereafter.

Inability to continue with physical activity (for medical/compassionate reasons):

Should a situation arise at any time in the quarter that prevents a student from continuing with the course, applicable documentation must be provided immediately to the Kinesiology Undergraduate Office.

1. Inform the Teaching Assistant and the Swimming Course Coordinator so that they can work with you to complete the requirements of the course in coordination with the recommendation of the Kinesiology Office.
2. All official Kinesiology Office documentation requires the signature of the Swimming Course Coordinator.
3. Marks for items evaluated in class will stand as of the date that you are no longer able to participate. There will be no make-up for those skills.

Lifesaving Society Standard First Aid and CPR C for KIN 2915 Students

KIN 2915 (Swimming Skills) involves the *components* of Emergency First Aid and CPR B. It does NOT involve *certification* in that award but will allow students to participate in an 8-hour (1 day) course to complete the requirements of the Standard First Aid and CPR C award. Course information is available at shop.westernmustangs.ca