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**Office:** 244 Hearst Memorial Gymnasium

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**Office Hours:** Wednesdays from 12:15 to 1:00pm or by appointment

**Required Text:** none

## **I.Course Descriptions:**

**Level1 (Beginning) Swimming** is designed for students who are true beginners (non-swimmers) or those who have very rudimentary swimming skills and are not able to tread water or swim in deep water. The class will initially work on water adjustment and comfort, progress to floating and add movement skills such as treading, front crawl, backstroke, elementary backstroke, and breaststroke. On several occasions the class will explore the deep end, first getting familiar, later jumping in, treading water, floating and swimming. The semester goal is to dive into the deep end and swim one length (100 feet) of the pool, in addition to showing basic proficiency in several different strokes.

**Level 2 (Low Intermediate) Swimming** is a course designed for those who are comfortable in the deep end (treading, floating, swimming), can swim front crawl with basic rotary breathing and can swim backstroke and breaststroke (doesn't have to be great). Note: exceptions may be made to these prerequisites with approval of instructor. In this course we'll start by swimming widths (50 feet) at the beginning of the semester and transition to lengths (100 feet) depending on overall class level. We'll cover free, back, breast, and possibly a little fly, in addition to learning how to do flip turns and working on increasing speed and endurance.

**Level 3 (Intermediate) Swimming** is an intermediate class that requires participants to swim front crawl, backstroke, and breaststroke, in addition to being able to swim multiple (at least 6) 100-foot lengths without stopping. Most students at this level are somewhat familiar with butterfly and may know how to do flip turns, but this is not a requirement. Students will be asked to take a skills evaluation and swim a 200 yard free (front crawl) for time at the beginning and end of the semester. Level 3 focuses primarily on the mechanics of front crawl and butterfly, while giving a secondary role to backstroke, breaststroke, flip turns, and conditioning.

**Level 4 (Adv. Intermediate) Swimming** is predominantly a conditioning class. Most students have some sort of swimming (club, high school, JC, Tri, etc.) background (not required) and the main emphasis is a workout, similar to what one would do on a swim team (within the time constraints we are given). Students are expected to swim a 200 free for time under 3:15, be able to swim all competitive strokes in a workout environment, in addition to doing flip turns. Exceptions may be made on an individual basis with instructor approval. We swim predominantly free, with a good dose of fly and fins, in addition to some IMs. Pure back, breast, or pulling/kicking workouts are rare. Students should expect to swim 1600 – 2200+ yards (depending on speed and stroke) in 35-45 minutes.

## **II. Statement of Course Goal and Learning Objectives:**

**Level 1/Beginning Swimming** - The goal of this course is to introduce students to basic swimming and water survival techniques.

Objectives: At the conclusion of the course, students shall be able to:

1. Demonstrate the ability to float and perform basic treading in deep water
2. Demonstrate the ability to dive into deep water and swim 100 feet freestyle without stopping
3. Demonstrate basic proficiency in freestyle (front crawl) technique, including rotary breathing.
4. Demonstrate basic proficiency in backstroke.
5. Demonstrate basic proficiency in elementary backstroke.
6. Demonstrate basic proficiency in breaststroke

**Level 2/Low Intermediate Swimming** – The goal of this course is to work on stroke refinement and swimming endurance.

Objectives: At the conclusion of the course, students shall be able to:

1. Demonstrate intermediate proficiency in freestyle (front crawl) technique
2. Demonstrate low intermediate proficiency in backstroke.
3. Demonstrate low intermediate proficiency in breaststroke.
4. Demonstrate basic proficiency in butterfly (note: this is not graded because of limited time)
5. Demonstrate the ability to perform flip turns
6. Demonstrate the ability to swim multiple lengths of the pool without stopping (not graded)

**Level 3/Intermediate Swimming** – The goal of this course is to work on stroke refinement, with secondary goals of speed and endurance improvement.

Objectives: At the conclusion of the course, students shall be able to:

1. Demonstrate advanced intermediate proficiency in freestyle (front crawl) technique
2. Demonstrate intermediate proficiency in backstroke.
3. Demonstrate intermediate proficiency in breaststroke.
4. Demonstrate intermediate proficiency in butterfly
5. Demonstrate the ability to perform flip turns
6. Demonstrate the ability to swim a 200 Free for time faster than the beginning of the semester

**Level 4/Adv. Intermediate Swimming** – The goal of this course is to work on speed and endurance improvement, with a secondary goal of familiarization of a variety of workout techniques and structures.

Objectives: During this course, students shall be able to:

1. Demonstrate the ability to swim a 1000 Free for time at a consistent pace
2. Demonstrate the ability to swim a 200 Free for time faster than the beginning of the semester

### III. Method of Assessment and Evaluation:

Level 1 Beg. Swimming	Category	%	Points
	Skill*	40	40 (10x4)
	Participation	10	10
	Attendance	50	50 (weighted)
	Total	100	100

\*Note: automatic F/U/NP for L1 students who can't float/tread/swim 50' with breathing in deep water

Level 2 (LowIntSwimming)	Category	%	Points
	Skill	40	40 (4x10)
	Participation	10	10
	Attendance	50	50 (weighted)
	Total	100	100

L3 (Int. Swimming)	Category	%	Points
	Skill	30	30 (5x6)
	Participation	10	10
	200 Free	10	10
	Attendance	50	50 (weighted)
	Total	100	100

L4 (AdvIntSwimming)	Category	%	Points
	200 Free	10	10
	1000 Free	10	10
	Participation	30	30
	Attendance	50	50 (weighted)
Total		100	100

#### General Grading Notes:

1.) Attendance for all levels is counted as 2 points per class/day, which is then weighed at x 0.926 for M/W and 0.862 for T/Th (M/W has 27 classes, T/Th has 29 classes).

2.) To estimate the approximate grade for a low average student add half the points of the maximum points for each grading category in your level, then add the weighted total points for attendance (based on what your attendance assumption is for the semester). For example, a hypothetical L4 student:

Category	Points
200 Free	5
1000 Free	5
Participation	15
Attendance (assuming 2.5 absences, no make ups, M/W)	45 (weighted)
Total	70 (100)

The take-away: this student is barely passing with a C- (if an undergraduate) and getting an 'unsatisfactory' if a graduate student.

A high average student could expect roughly 2/3 of points for categories outside of attendance.

Category	Points
200 Free	6
1000 Free	7
Participation	20
Attendance (assuming 2.5 absences, no make ups, M/W)	45 (weighted)
Total	78 (100)

This student is at a C+ , making up all absences would result in a B-/B. 'A' students are truly exceptional (ie few)!

#### IV. General Course Requirements/Policies (all classes).

##### a.)First Day of Class:

**1.) We do not swim on the first day of class, but we do meet! Wait-listed students: you need to show up at the first class meeting in order to be considered for any open spots.**

For Mon/Wed sections: **Wednesday August 28th, 2019**, meeting in Rm. 105 Hearst Gymnasium (unless otherwise noted)

For Tue/Thu sections: **Thursday August 29th, 2019**, meeting in Rm. 105 Hearst Gymnasium (unless otherwise noted)

**2.) On all other days you are expected to be in your suit and ready to go at the East (shallow, sunrise, hill) end of Hearst (North) Pool (unless otherwise specified in a previous class meeting or on bCourses - note that announcements are frequently made in class and not on bcourses).**

**3.) Class Time: We officially start 15 minutes after the hour (be on time!!!) and end 10 minutes before the next hour**

(e.g. 1:15-1:50; this applies only if we are in the pool, not if we are in a classroom [we would finish on top of the hour, e.g. 2:00]). At ten minutes before the next hour you may get out, no questions asked, even if we are finishing drills, etc. However, **do NOT leave earlier** than that without instructor permission.

**b.)Last Day of Class (RRR week): The official last day of class is Monday, December 9th, 2019 for the Mon/Wed sections and Tuesday, December 10th, 2019 for the Tue/Thu sections. On Wednesday December 11th, 2019 and Thursday 12th, 2019 we are holding optional class during regular class time. The plan is to play water polo on those two days and count attendance (voluntary) as a regular make up (only for those who have not exceeded 6 absences at that point).**

**c.)Mandatory Attendance: The first FOUR class meetings are mandatory and students will be instructor marked and DROPPED if they do not show.** In the event you can't make it to class on any one of those first four days, send me an **email** ([old5tens@gmail.com](mailto:old5tens@gmail.com)) **a couple of hours before your class on that particular day** and I'll keep you on the roster (it'll still count as an absence). This needs to happen for each day that you are missing (within those first four class meetings, **not after**).

**d.)Maximum Number of Absences (Automatic F/NP/U): Students are allowed a maximum of six absences. A 7th absence constitutes an automatic F/NP/U, regardless of all other grading factors. That does NOT mean you should have six absences because every absence is a significant setback, especially at the lower levels. The attendance count starts on the first day of class - if you enroll late, all classes prior to your enrollment are counted as absences!**

**Sitting out (on the deck) and/or Late show/Tardy (coming to class past 15 minutes after the full hour) = 1 point (half credit) !**

**Do NOT accumulate absences unnecessarily (skipping class, studying for other classes, etc.), it is the PRIMARY cause for ultimately failing a PE swimming course!**

**e.)Make Ups:** Students may make up absences by coming to another equivalent swim class (not a lower level) or by attending Recreational Swim for 40 minutes and bringing back a note with the student's name, date, length of time swum, and the supervising lifeguard's name and signature. **On Wednesday, December 11th, 2019 and Thursday, December 12th, 2019 we are holding optional class during regular class time. The plan is to play water polo on those two days and count attendance (voluntary) as a regular make up.** Note: the underlying count toward a failing total of 7 absences can't be erased. 7 absences with 7 make ups still translates into an automatic F/NP/U!

**V. Safety: safety is a main priority in swim classes, please read the following carefully!**

**a.)The Hearst North pool deck is marble and thus VERY slippery. Please WALK SLOWLY and pay FULL ATTENTION - all the time!**

**b.)Do NOT dive into shallow water!** For our purposes shallow water constitutes anything 9 feet deep or less. **The diving board is OFF LIMITS!** Students may dive into the pool from the West (sunset, ocean) end ONLY if they are skilled and the diving area is CLEAR of all other students (watch for others coming your way, watch for people under water!). Long, shallow dives only, no flips, no cannonballs, no running starts, etc.!

**c.)Please do not wear jewelry and/or heavy watches while swimming!**

**d.)If you have any sort of medical condition that may impact your (or others') participation in class you may want to let the instructor know. Note that this type of disclosure is up to you (voluntary).**

**e.)DSP students require a request for accommodation, IF they are seeking accommodation for the class. This should happen at the very beginning of the semester. A DSP accommodation request does NOT mean automatic access to a class! Note that levels 2 through 4 have prerequisites that must be met or require instructor approval for participation.**

**f.)Students are expected to **come ready to participate**.** It is highly recommended that students get adequate rest/sleep, food, hydration, and abstain from drugs, alcohol, and smoking! If you are running on fumes and are hung over you're not doing yourself or others any favors.

**g.)Sunscreen is highly recommended. Please note recent discussion on side effects of certain sunscreen ingredients and**

chose accordingly! Note that skin can darken even with the use of sunscreen!

**h.)**Sometimes there are outlet grates missing on the East and West wall of the pool. **Please pay attention when pushing off the wall.**

## VI. Equipment:

Students are expected to have a **regular swim suit (!on the first day in the water!)**. Lycra/nylon (speedos, jammers) suits are preferred over big baggy shorts (swimming is all about reducing drag and big baggy shorts create a LOT of drag). Save the string bikinis for the beach. No T-shirts please. If you need upper body protection use a rash guard or thin neoprene layer (both not ideal in terms of swimming). **Caps are required if you have shoulder length or longer hair and are recommended for all swimmers on cold and/or windy days. Please bring goggles!** Since we are swimming in an outdoor pool darker colors are preferable. Students should have all required equipment (swim suit, goggles, and cap if necessary) on the 2nd day of class (1st day in the water)!

Berkeley Sports (less selection, close to campus) and Sports Basement (more selection, farther from campus) are two excellent **local** stores for swimming equipment.

## VII. Class Levels:

**a.)Please read the class levels in Section I. carefully and make sure you are signed up for the right class! The right class is the one that you belong in because of your skill level and your desire to improve your swimming, NOT because it fits your schedule or because you need another half unit!**

**b.)If you are signed up for the wrong level you should show up for what you consider to be the right level and put yourself on the WAIT LIST or CRASH list (instructor at class time).** No preference is given to those who're enrolled in another section, unless you can make a switch with another student. Remember you will be dropped for any class that you miss during the first 4 class meetings, unless you notify me in advance on the day of that particular class meeting.

## VIII. Tentative Class Schedule

FALL	2019	L1	L2
Week	Date (Week Of)	Beginning Swimming	Low Int. Swimming
1	8/26	Introduction	Introduction
2	9/2	Water Comfort, FR kick, BOB, glide	Skills Check, FR kick
3	9/9	BOB, FR kick, FR breathing	FR video, FR breathing, FR pull
4	9/16	FR pull	FR pull, FR CU
5	9/23	FR CU, deep visit	FR CU, reg. FR
6	9/30	reg. FR, BA float	WO, lane assignment, FR videotaping
7	10/7	BA K, dbl. arm reg. BA	FR video analysis, Intro to BA, lengths!
8	10/14	reg. BA, BR K, EBA K	BA video, BA drills to CU
9	10/21	EBA K, EBA	reg. BA
10	10/28	Tread, Tread/Deep Prep	Intro to Flip Turns, Flip Turns
11	11/4	Tread/Deep Prep, Deep End (Deep Test #1 - Jump, Tread, Float, Swim)	Flip Turns, Intro to BR K
12	11/11	BR kick, BR pull, reg. BR	BR video, BR drills
13	11/18	reg. BR, Dive	reg. BR, FL kick
14	11/25	Water Polo	Water Polo

15	12/2	Review, Skills Test (FR, BA, EBA, BR)	FL video, Review
16	12/9 (RRR)	Deep Test#2 (Dive, Swim 100 ft.), Water Polo	Skills Test (FR, BA, BR, Flip Turns), Water Polo
FALL	2019	L3	L4
Week	Date (Week Of)	Int. Swimming	Adv. Int. Swimming
1	8/26	Introduction	Introduction
2	9/2	Skills Check, 200 FR	200 FR, WO
3	9/9	FR K, FR breathing	WO
4	9/16	FR video, FR pull, FR CU	WO
5	9/23	reg. FR, FR video taping	WO, relays
6	9/30	FR video analysis, FL kick	1000 FR, WO
7	10/7	FL video, FL one arm	WO
8	10/14	FL one arm, 1:1:1/2:2:2	WO
9	10/21	2:2:2, reg. FL, WO	WO
10	10/28	Intro to Flip Turns, Flip Turns	WO
11	11/4	Intro to BR kick, BR video	WO
12	11/11	BR pull, BR timing, WO	
13	11/18	BA kick, BA video, BA CU reg. BA	WO
14	11/25	Water Polo	Water Polo
15	12/2	Review, Skills Test (FR, FL, BR, BA, Flip Turns)	WO
16	12/9 (RRR)	200 FR, Water Polo	200 FR , Water Polo
FR = freestyle/front crawl	BA = backstroke	BR = breaststroke	FL = butterfly
CU = catch up (a drill)	WO = workout	EBA = elementary backstroke	200/1000 FR = time trial/graded

**Note: the schedule for all classes is based on T/Th classes moving at an average progression; M/W has two less classes. We sometimes also encounter problems with the pool, smoke, etc. , which means that the progression (and possibly other factors) may have to be adjusted.**

#### **IX. Official Policies of the University of California at Berkeley**

**a.)Student Code of Conduct:** All students must abide by the *Berkeley Campus Code of Student Conduct* <https://sa.berkeley.edu/code-of-conduct>.

**b.)Honor Code:** Each student must abide by the university's honor code (see <https://teaching.berkeley.edu/berkeley-honor-code>):

***“As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others.”***

Violation of the Honor Code shall result in a grade of an “F” for the course.

**c.)Statement of Accommodation.** The University of California at Berkeley provides **reasonable** accommodations to students with disabilities through the Disabled Students' Program (<https://dsp.berkeley.edu>). For more information regarding these services, please contact the staff in the Disabled Students' Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at [dsp@berkeley.edu](mailto:dsp@berkeley.edu).

**d.)Accommodation of Religious Creed.** The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see <https://sa.berkeley.edu/uga/religion> for detailed information).

**e.)Academic Integrity.** "You are a member of an academic community at one of the world's leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

**f.)Scheduling Conflicts.** Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements* <https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf>).

**X. Safety and Emergency Preparedness.** The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful (See <http://emergency.berkeley.edu/contacts.shtml>).

- Emergency Contacts <http://emergency.berkeley.edu/contacts.shtml>
- WarnMe/Nixie emergency alerts <https://warnme.berkeley.edu>
- Campus Emergency Management Areas <http://emergency.berkeley.edu/emerg-mgmt-areas.shtml>
- Campus Map <http://emergency.berkeley.edu/lib/img/campusmap.pdf>
- Safe and Well by the American Red Cross <https://safeandwell.communityos.org/cms/>