

Instructor: Elmar Stefke, M.A.

http://pe.berkeley.edu/instructors_elmar_stefke.html

Contact: email: old5tens@gmail.com (preferred), elmar@berkeley.edu

Office: 244 Hearst Memorial Gymnasium – closed for the remainder of the semester

Office Phone: 510-643-2946 (answering machine) – not operational

Office Hours: please use either of the above email addresses to contact me, anytime

Required Text: none

Recommended Resources: class videos, Wikipedia, online research

I. Course Description: the alternative finish to our semester seeks to maintain students' physical and mental health through self-selective and reported exercise, while maintaining a link to swimming and the aquatic environment, and allowing a low key, successful conclusion to the semester in terms of grading and receiving credit.

II. Statement of Course Goal and Learning Objectives:

1.) Videos/Quiz: maintain a connection to swimming and the aquatic environment by watching a series of weekly videos on a variety of aquatics related topics, primarily focusing on activities that are not widely known, exemplify the limits of human ability, or may be of student interest. Students are expected to gain a broad knowledge base regarding these activities.

Note that the goal is not to teach finer details of a specific stroke or skill (e.g. treading) as we will not be able to conduct a practical follow-up in a supervised teaching environment in the water for the remainder of this semester.

2.) Workouts: at least twice per week and for a minimum of 20 minutes per workout students are expected to engage in some form of self-selected exercise (walk, hike, run, bike, dance, Pilates, yoga, etc.) or perform in-home exercise circuits (instructor provided or self selected) in order to maintain a minimum level of fitness and associated health benefits. There should be an overriding emphasis on safety. Please follow your national, state, and local safety directives re: Covid-19!

Note that a higher frequency per week and longer duration per workout is encouraged as long as it can be done in a safe manner.

III. Method of Assessment and Evaluation:

| | Frequency/Week | Points Per Quiz/Workout | Weekly Total Points | Overall Total Points |
|----------|----------------|-------------------------|---------------------|----------------------|
| Quiz | 1 | 10 | 10 | 50 |
| Workouts | 2 | 5 | 10 | 50 |
| Total | | | | 100 |

IV. General Course Requirements/Policies

Workouts (x2/week, 5 points/workout): perform a physical activity at least twice per week. Note that this is for sake of the class/grading, etc., ideally you should work out more frequently than that (see position statement above). These workouts should be at least 20 minutes in duration if you aren't in the greatest shape (30+ minutes if you're pretty fit) and could be walking, running, circuit training, dance, etc. The main considerations are that you are safe (including social distancing) and moving. For those who are truly homebound I have attached a simple in-home circuit that can be performed without equipment (although a yoga mat would help). .

You only need to report 2 workouts per week. If you do more than that (recommended), pick two workouts that you feel are your very best for that week and do not report the others. The final deadline to turn that in is Sunday, May 3rd, 2020. Yes, you are on the honor (truthful reporting) system! Please record your workouts on the Excel worksheet attached in the 3/25/20 first bCourses announcement. An assignment which allows you to upload the completed Excel file will be posted in the 5th week on bCourses.

Video/Quiz session (1x/week, 10 points): each week a quiz and one or two short videos will be posted on bCourses. You have the entire week to watch the video(s) and take the quiz, however you must complete the quiz that week (i.e. you can't carry it over to the next week or take it in advance). This should take somewhere around 20-30 minutes. Watching the videos carefully will facilitate answering most quiz questions quickly and efficiently. Wikipedia also provides a good resource.

Some of the activities shown are not part of the mainstream aquatics world and some have great risk. I highly recommend NOT trying these high risk activities!

There is no class during RRR week and no final during the general campus finals period!

V. Class Schedule

| Week Of | Quiz | Topic | Activity |
|---------|------|----------------|------------|
| 3/30/20 | 1 | Finswimming | 2x Workout |
| 4/6/20 | 2 | OpenWater/Ice | 2x Workout |
| 4/13/20 | 3 | Open Water/Tri | 2x Workout |
| 4/20/20 | 4 | Cal Olympians | 2x Workout |
| 4/27/20 | 5 | | 2x Workout |

VI. Official Policies, Safety, and Emergency Preparedness

1. 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>

"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.

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>

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>

2. 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/emergmgmnt->

[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>