

YORK UNIVERSITY  
KINESIOLOGY AND HEALTH SCIENCE  
PRACTICUM COURSE

**Course:** PKIN 0200: Swimming I      eClass page

**Term:** Winter 2023

**Prerequisite:** no prerequisite but should be comfortable in the water with basic swimming ability

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**Course Instructor**

Tamara Wood  
[tamaraws@yorku.ca](mailto:tamaraws@yorku.ca)

**Time and Location**

Mondays and Wednesdays      at Tait McKenzie Pool  
Sections                              M 9:30-10:30                      N              10:30-11:30

**Virtual Office Hours**

Course consultation hours: Monday 11:30am -12:30 by email or zoom.  
Email to arrange at [tamaraws@yorku.ca](mailto:tamaraws@yorku.ca)

**Please note that this is a course that depends on in person teaching and learning.**

You will be required to attend on campus during scheduled class times.  
The Kinesiology department mandates that to receive credit for a practicum course student must attend and actively participate in a minimum of 80% of the classes for the course.

**Organization of the course:**

The course will be meeting in person at the Tait Mackenzie Recreation Centre. Meetings start on the pool deck, in swimming attire at the start of the class time.  
We will be meeting for 60 minutes, twice each week on Mondays and Wednesdays.

**Expanded Course Description**

This is a course that focuses on Swimming for those with basic strokes and aquatic skills. Swimmers will cultivate a sense of security and confidence in their aquatic abilities. Focus will be on developing/refining fundamental stroke techniques for the four main strokes: front crawl, back crawl, elementary and breaststroke. Students will also become confident in deep water swimming and with a variety of entries.

Students will understand how to increase their fitness and endurance through aquatics. Students will take part in a variety of workouts to increase their personal fitness level and will plan and execute workouts for themselves and their peers.

The course will be taught thorough demonstrations, discussion, and practise. 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 swimming and skill level.

## Course Objectives

Students will improve their swimming stroke technique for the four main strokes. They will improve their personal aquatic fitness level through endurance swims and fitness challenges. They will understand how to increase their swimming and fitness skills in the aquatic environment.

The students will be able to

- Demonstrate competence in Front Crawl, Back Crawl, Elementary Back Stroke and Breaststroke
- Complete an endurance swim (500 metres or better)
- Complete a Fitness Challenge (6 times 25 metres on a pace)
- Develop a variety of entries to include dives, jumps, and surface dives
- Demonstrate lifesaving skills such as surface support / treading water
- Explain the complexities of learning a new aquatic motor skill and apply this to undertaking new forms of physical activity
- Identify methods to increase their personal aquatic fitness level including designing a workout
- Be able to identify areas for personal and/or professional development

## Evaluation

Skills / Stroke Evaluation	20%	throughout term
Fitness (endurance swim, paced challenge, surface support)	20%	throughout term
Assignment on Motor skill breakdown	20%	February 27
Planned / execute workout	20%	March 8 <sup>th</sup> , 13 <sup>th</sup> , 15 <sup>th</sup>
Personal Development Plan	20%	March 29 <sup>th</sup>

**Grading: Pass Option:** Students may choose to exercise the Pass/Fail option. Students will be asked in the last two weeks of the course, on the eClass page, if they wish to have their letter grade or a Pass Option. Students will know most of their mark when asked. Practicum courses grading scale is A, B, C, F or Pass/Fail.

**Participation:** to receive credit for a practicum course, students must attend and actively participate in a minimum of 80% of the classes for the course. Students who miss more than four\* classes will not pass this course. \*With a condensed term – this number would be lower to achieve 80% of the course.

**Assignment Submission:** Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment. Assignments are to be handed in through the eClass page.

## **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://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012.pdf>

- 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