

**HPA 1241
TEACHING EXPERIENCE I
SYLLABUS**

CLASS DAY/TIME: By appointment
INSTRUCTOR: Kevin McLaughlin
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COURSE DESCRIPTION:

The purpose of this course is to provide students with a “hands-on” experience in an Aquatics setting. Students will be assigned to an on-campus site (i.e. University’s Physical Education Department) or an off-campus site (i.e. Local swim team or lesson program) depending upon the interest of the student. As part of the experience, students will be given the opportunity to develop workouts, work one on one or in small group settings, and instruct individuals on proper swimming technique.

COURSE OBJECTIVES:

Upon completion of this course, the student should have acquired:

- The skills and expertise in designing and administering individual or group Aquatic training
- The ability to instruct individuals on proper usage of swimming equipment (goggle, pull buoy, kickboard, paddle).
- The ability to conduct themselves as a professional (i.e. good communication skills, working well with others, etc.)
- The understanding of proper swimming etiquette.
- The understanding of the components of a proper workout (warm up / main set / warm down)
- The ability to design a safe, effective swim workout.
- The ability to define and apply the FITT principles
- The understanding of the different methods of swim training
- The ability to recognize symptoms of over-training
- The ability to apply various types of drills effectively for a workout or to get a desired outcome (ex. High elbows)

PRE-REQUISITES:

- CPR / First Aid (preferred)

COURSE REQUIREMENTS:

• **PRIOR TO ASSIGNMENT**

1. Students must attend the mandatory Teaching Experience meeting to discuss the most appropriate teaching experience assignment and course requirements.

• **DURING ASSIGNMENT**

1. Students must complete a minimum of **28 hours/credit**.
2. Students must be evaluated by their on-site supervisor (end of semester). Evaluation forms will be given to students at the beginning of the semester. It is the student’s responsibility to give the evaluation form to their on-site supervisor.
3. **Students must keep a log of all working hours accumulated during the course of the semester. The log MUST be signed by the on-site supervisor in order to be accepted. Any hours not confirmed by the on-site supervisor (by signature) will not be counted. Logs must be submitted at the end of the semester.**
4. During the Teaching Experience, students must participate in the following:
 - **Equipment Orientation**
Students are expected to instruct participants on proper usage of pool equipment (i.e. advise on proper form and technique).
 - **Student Projects**
Each student must complete a minimum of **two** “Aquatic projects.” This may include developing a specific workout for a student or a group of students, serving as a “personal coach” to a student who has asked for more one-on-one help, developing informative hand-outs on a particular topic of interest, developing and presenting a 10 minute lecture on a particular topic of interest, or any other idea you may

have (take initiative and be creative!!!). A copy of each project should be submitted at the end of the semester.

5. Upon completion of the teaching experience, students must evaluate their experience. Evaluations must be typed and handed in at the end of the semester. Evaluations should answer the following questions:
 1. A concise description of teaching experience activities, including activities performed and skills and knowledge used
 2. Did you reach your goals/objectives?
 3. What were your strengths? Weaknesses?
 4. How would you improve your weaknesses?
 5. How would you rate your performance?
 6. What did you learn from your experience? From the on-site supervisor?
 7. What was the best part of your experience? The worst?
 8. Would you recommend this experience to other students? Why or why not?
 9. Would you recommend this supervisor to other students? Why or why not?
 10. Did this experience help you with your career or professional goals? Explain.
 11. Any other comments?
 12. It is also strongly suggested that the student include an example of any work performed during the week, such as a favorite class or workout given to a student(s).
6. **ALL TEACHING EXPERIENCE MATERIAL MUST BE SUBMITTED BY: FRIDAY, APRIL 19, 2019**
MATERIAL SUBMITTED PAST THIS DATE WILL NOT BE ACCEPTED.

EVALUATION:

A satisfactory grade will be given when the student:

1. Completes all required hours
2. Completes all requirements to the satisfaction of the On-Site Supervisor & Teaching Experience Coordinator
3. Submits all required materials on time
4. Demonstrates an above-average evaluation by the on-site supervisor

CONDUCT:

1. Students should dress appropriately.
2. Students should act in a mature and responsible manner. You are a representative of the Department of Health and Physical Activity. Be professional!