



OXFORD COLLEGE Division of Physical Education & Dance  
SWIMMING (AQUATICS) P E 110 / 111  
Dr. England - Spring, 1993

### DESCRIPTION

The purpose of P E 110/111 is to provide knowledge and skills which promote enjoyment and safety in water activities. These skills include, but are not limited to, stroke mechanics, basic rescue, and drownproofing techniques. American Red Cross cardiopulmonary resuscitation (CPR) is also a part of the course.

Students will be evaluated by the instructor during the first few class sessions and will be assigned to P E 110 or 111 based on entry level swimming skills. Only non-swimmers will be assigned P E 110. All other students will be assigned P E 111.

**TEXT** American Red Cross Swimming and Diving and Standard First Aid

### GENERAL INFORMATION

1. Wear a bathing suit which functions well for vigorous activity. e.g., flips, emergency rescues. No "cut offs" may be worn.
2. Goggles are recommended. Jewelry must not be worn. No chewing gum.
3. My office hours are posted on my office door - Gym. Room 3. They are MWF 9-10 a.m., MW 1:00-2:00 p.m.; TTH 3:30-4:00 p.m. Please come by or make an appointment if these hours are not convenient. My telephone number is 784-8350.
4. You should report any condition which restricts your full, vigorous participation in class to me at the first class meeting or as soon as you become aware of the restriction. In this case a physician's written recommendation is required prior to your fully, actively participating in class. The letter must include information detailing what you can do as well as what you cannot do. The syllabus and class requirements will be adjusted for you based on your physician's recommendations. No such adjustments can be made without this letter from your physician.
5. All physical activity involves risk. If you have not provided a physician's recommendation in writing, your good health (unlimited activity) is assumed. The nature of swimming and diving is such that there is risk of bone fractures, skin lacerations, sprained joints, strained muscles, hyperthermia, hypothermia, fainting, cardiovascular events, drowning, as well as other risks. Therefore, you should exercise appropriate caution. Safety precautions and practices will be discussed in class. If you ignore these instructions you will be denied class attendance.
6. If you do not feel well enough to participate in a class go to my office before class begins and select a journal or book from those on the first shelf of my bookcase. Bring it to the pool and summarize it coherently and legibly during class (be sure to bring paper and pen or pencil with you). Be sure to write the name of the journal, its publication date, the title of the article, the author, and your name and the date before you begin your summary. Your summarizing this in by the time class is over and will summarize your class activity for that day. All other students will be assigned to the pool and will be assigned to the pool and will be assigned to the pool.

## COURSE REQUIREMENTS & GRADING

### 20% A. Drownproofing

1. Clad Flotation/Swim - YOU WILL NOT PASS PE 110/111 if you do not complete the Clad Flotation/Swim.
  2. Arm/Leg Efficiency Test - 10 %
  3. Bobbing/Flips/Breaths Test - 10 %
- You will receive a written description of each of these tests.

### 20% B. Strokes

You are expected to show competency in each of these strokes by semester's end: front crawl, back crawl, elementary back stroke, breaststroke and sidestroke.

1. 12-minute front crawl with bilateral breathing - 10 %  
You must complete Cooper's 12 minute crawl stroke test before you can receive credit for competency on the front crawl.
2. Combination of Strokes Swim - 10 %  
You must swim two laps of each of the following strokes continuously (you may swim each set of two laps in an order you choose): back crawl, sidestroke, breaststroke, and elementary back stroke.

### 10% C. Homework

1. Students must swim laps or practice four (4) thirty minute sessions for each homework period. Your homework grade will be the average of the three homework periods. The grade scale for each homework period is:  
4 thirty minute sessions = 100  
3 thirty minute sessions = 75  
2 thirty minute sessions = 50  
1 thirty minute session = 25
2. **HOMEWORK SCHEDULE**--your Homework Record Form must be under my office door (room # 3 in the gymnasium) by 9:45 p.m. (or by the time the gym closes) on the due date. Homework is due on each of the following dates: 2/17, 3/24, and 4/21. Homework will not be accepted late.

### 10% D. American Red Cross CPR/First Aid: average of practical and written tests

### 20% E. Seven (7) written tests relative to the syllabus, text, lectures, and supplementary material will be given unannounced during the semester. These can include short answer, multiple choice, and matching questions. The content for these short tests is cumulative. The lowest two test grades will be dropped. The average of the remaining five test scores will constitute this 20% of your grade.

### 20% F. Class participation

This portion of your grade is based on your contribution to each class meeting. You can not contribute in any way if you are absent. Your contribution depends on your preparation for each class, your full attention and participation in class activities, and your completion of class assignments.

G. Extra Credit

Up to four (4) points may be added to your final grade for competent performance of the following skills (one point each):

1. Swim underwater 25 yards from a roll-in start
2. Wrist tow 50 yards
3. Use a rescue tube or shepherd's crook to reach and recover a victim
4. Flip turn for the front crawl

H. Grade Scale:

A = 89.5 - 100  
B = 79.5 - 89.4  
C = 69.5 - 79.4  
D = 59.5 - 69.4

Drownproofing	20%
Strokes	20%
CPR/First Aid	10%
Homework	10%
Written Tests	20%
Class participation	20%