

**PE 110 Beginning Swimming**  
**Fall 2017**  
**Tues / Thur 10:00-11:15am**

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**Instructor:** Tiara DeLapp

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**Office:** Williams Hall Phone: 770-784-8424 (Office)

**Office Hours:** by appointment

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*Physical activities for this class include vigorous movement. If you have a medical condition that prevents you from fully participating in the class, please contact the Office of Accessibility (OAS).*

**Class Description:** This course will teach non-swimmers and/or fearful swimmers how to relax in the water. In addition, students will begin basic swim skills e.g. breath control, floating, front crawl stroke, and backstroke.

**Course Objectives:**

1. Demonstrate breath control and rhythmic breathing.
2. Describe and implement basic survival skills.
3. Employ floating techniques.
4. Distinguish and implement stroke mechanics of the front crawl, back crawl, elementary back stroke, sidestroke, and breaststroke.
5. Demonstrate treading water, surface dives, and underwater swimming.
6. Develop body control and kinesthetic awareness through basic skills in swimming.

**Text:** There is no text for this class. Printed materials will be provided as needed

**Dress Code:** Bathing suits and goggles are required. Shorts and cut offs are not permitted. You may wear additional clothing over your bathing suit if you wish. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in an absence

**Weekly Practice Sessions:** Each week that is not denoted with an NP (see course schedule), there will be a mandatory 45 minute pool practice session. On the pool deck there will be a desk with manila folders for each student. Each will contain blank practice session forms. These forms must either be signed by your instructor or the lifeguard on duty. These sessions are worth 10 points per week.

**Grading Breakdown:**

<u>ASSIGNMENT</u>	<u>POINTS</u>	<u>% OF GRADE</u>
SMART Writing Assignment	20	6.6
Midterm Exam	50	16.6
Final Exam	50	16.6
Timed Swim & Improvement	30	10.0
Class Participation	40	13.3
Practice Sessions (10pts/week)	110	36.6
TOTAL	300	100

### Class Attendance Policy:

A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.

B. You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of three (MWF)/two (TTH) absences are allowed without penalty, upon instructor's consent. There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. \*\*If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

C. After the allowed absences (3/2), each following absence will result in a 5% reduction of your final grade, e.g.,

MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F.

TTH: 3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction; 6 absences = 20% reduction; 7 absences = 25% reduction; 8 absences = automatic final grade of F.

D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

E. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

**HONOR CODE:** Article 2.A "A student's signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others." I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under dictates of the Honor Code Any violation of Oxford College's HONOR CODE will not be tolerated. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.

	Course Schedule: A Weekly Breakdown
Week 1 (NP) Aug 24	Intro to PE 110 – Williams Hall 105 Swim Evaluation - Pool
Week 2 Aug 29, 31	Use of swim equipment Introduction of floats & front crawl stroke
Week 3 Sept 5, 7	Front crawl breathing patterns – rotary breathing Introduction to back crawl stroke

Week 4 Sept 12, 14	Introduction to open & flip turns Alternative Assignment (Yoga)
Week 5 Sept 19, 21	Review front crawl & back crawl Timed swim – 100m Fr & 50m Bk
Week 6 Sept 26, 28	Introduction to whip kick on the back Teach elementary backstroke
Week 7 Oct 3, 5	Teach kicks used in treading water Safety around the water (handout) & review for midterm
Week 8 (NP) Oct 10, 12	Oct 10: Fall Break – No Class Midterm
Week 9 Oct 17, 19	Practice: front crawl, back crawl, elementary back stroke Introduction to breaststroke
Week 10 Oct 24, 26	Timed Swim – 100m Fr & 50m Bk Introduction to sidestroke
Week 11 Oct 31, Nov 2	Teach surface dives & diving Introduction to Butterfly
Week 12 Nov 7, 9	Introduction to Individual Medley Drill work & endurance
Week 13 Nov 14, 16	Review all strokes Drill work & endurance
Week 14 (NP) Nov 21, 23	Lecture & Handout – Interval Training- Assign students to write a workout Nov 23: Thanksgiving – No Class
Week 15 (NP) Nov 28, 30	Timed Swim – 100m Fr & 50m Bk Alternative Class – work on final
Week 16 (NP) Dec 5	Final

\*syllabus and course outline subject to change.