

## **PE 111 ADVANCED BEGINNING SWIMMING**

**LOCATION:** Swimming Pool  
**INSTRUCTOR:** Dr. Yit Aun Lim      **OFFICE:** RM 103 H  
**SECTION:** 11J  
**DAY/TIME:** TUES/THURS: 11:30 AM - 12:45 PM  
**PHONE NO.:** (770) 784-4675      **ON CAMPUS:** 4-4675  
**E-MAIL:** ylim@learnlink.emory.edu  
**OFFICE HOUR:** Monday/Wednesday/Friday: 10:30 - 12:30 PM

### **COURSE OBJECTIVES:**

1. Acquire basic techniques of advanced beginning swimming, which include the front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke.
2. Develop drownproofing techniques which will allow you to survive for extended periods of time in water.
3. Acquire general and emergency water safety skills.
4. Improve different strokes techniques which will promote enjoyment of water activities and enhance lifetime fitness.

### **GRADING SCALES:**

90-100% = A; 80-89% = B; 70-79% = C; 60-69% = D; 0-59% = F

### **COURSE OUTLINE:**

A. INTRODUCTION:

B. AQUATICS SAFETY:

C. BASIC SKILLS:

1. Front Crawl (freestyle).
2. Back Crawl (backstroke).
3. Elementary Backstroke.
4. Breaststroke.
5. Sidestroke.
6. Drownproofing Techniques:
  - a. Efficiency Test: Survival swim/float; front & back somersaults; 10 m underwater swim; and treading water.
  - b. Clad swim.
  - c. Bobbing/20 breaths test.
7. Fitness Swim:
  - a. 12 MIN Swim Test.

**EXAMINATION:**

1. **Written Exams [30%]**
  - a. first written test 15%
  - b. second written test 15%
2. **Strokes Skill Test (final) [20%]** 20%
3. **12 minute Fitness Swim Test [10%]** 10%
4. **Drownproofing [40%]**
  - a. efficiency test 15%
  - b. clad swim 15%
  - c. bobbing/20 breaths test 10%

**TEXT BOOKS:**

American Red Cross: Swimming & Diving by Mosby Lifeline

**ATTENDANCE:**

1. A maximum of two absences will be allowed without penalty for the semester.
2. Three (3) points will be deducted from the final grade on each absence thereafter.
3. A total of four (4) bonus points will be added to the final grade for student who does not miss any classes during the semester; two (2) points will be given to those who miss one class.
4. Three (3) late arrivals to the class constitute an absence.
5. If you are unable to participate in the class, it is recommended and strongly encouraged that you observe the class. A maximum of 2 class observations will be allowed in a semester. Any more observations thereafter will be considered an absence.

**RISK AWARENESS STATEMENT:**

1. Read and understand before signing.
2. If you have any conditions which would limit your participation to fulfill the course requirements, then the following steps need your attention:
  - a. Have your physician state the nature of your limitation(s) in writing.
  - b. Have your physician make suggestions of activities in writing so that you can fulfill the course requirements.

**STUDENT HONOR CODE:**

It is the student responsibility to uphold the honor code as described in the Oxford College's catalog.

WK	DATE	DAY	ACTIVITIES	COMMENT
1	8/30	THUR	INTRODUCTION	COURSE SYLLABUS, GEN INFO, HANDOUTS
2	9/4	TUES	FRONTCRAWL	BALANCING SKILLS; RHYTHMIC BREATHING
	9/6	THUR	FRONTCRAWL	PUTTING THE STROKE TOGETHER
3	9/11	TUES	BACKCRAWL	BALANCING SKILLS; ARMS CO-ORDINATION
	9/13	THUR	BACKCRAWL	PUTTING THE STROKE TOGETHER
4	9/18	TUES	BREASTSTROKE	KICKING; PULLING; GLIDING
	9/20	THUR	BREASTSTROKE	PUTTING THE STROKE TOGETHER
5	9/25	TUES	ELEMENTARY BACK	PULL-KICK COORDINATION
	9/27	THUR	ELEMENTARY BACK	PUTTING THE STROKE TOGETHER
6	10/2	TUES	SIDESTROKE	SCISSORS KICK; ARM PULLING
	10/4	THUR	SIDESTROKE	PUTTING THE STROKE TOGETHER
7	10/9	TUES	REVIEW FOR MID TERM	
	10/11	THUR	MID TERM EXAM	
8	10/16	TUES	NO CLASS	MIDSEMESTER BREAK
	10/18	THUR	CLAD SWIM: SHIRT	INFLATING SHIRT
9	10/23	TUES	CLAD SWIM: PANTS	INFLATING PANTS
	10/25	THUR	CLAD TEST	
10	10/30	TUES	EFFICIENCY SKILLS	SURVIVAL SWIM/FLOATS
	11/1	THUR	EFFICIENCY SKILLS	BOBBING
11	11/6	TUES	EFFICIENCY SKILLS	20 BREATHS
	11/8	THUR	EFFICIENCY SKILLS	TREADING WATER; FRONT-BACK SOMERSAULTS
12	11/13	TUES	EFFICIENCY SKILLS	UNDER WATER SWIM
	11/15	THUR	FITNESS SWIM	PACING
13	11/20	TUES	DROWNPROOFING TEST	
	11/22	THUR	NO CLASS	THANKSGIVING RECESS
14	11/27	TUES	FITNESS SWIM	DESCENDING
	11/29	THUR	PROJECT	ATTEND US OPEN SWIMMING CHAMPIONSHIPS
15	12/4	TUES	STK & 12 MIN TESTS	
	12/6	THUR	REVIEW FOR FINAL	
16	12/11	TUES	FINAL EXAM	

