

**Oxford College**  
**PE 111 – Intermediate Beginning Swimming**  
**TR 10:00 – 11:15**  
**Spring 2006**

**Instructor: Anthony Gonzales**  
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**Office: Williams Gym**  
**Hours: MW 11:45 – 12:45**  
**TR 9:30 – 10:00**  
**Or By Appointment**

**Course Description:** Develops the beginning swimmer's (one who is not afraid of water, but is not comfortable in deep water) skills in basic strokes and personal safety. In water safety and survival is emphasized.

**Course Objectives:** The purpose of this class is to introduce, discuss, demonstrate and participate in basic swimming activities and techniques. The students will be able to perform specific proficiencies of aquatic survival as well as have a greater understanding of the term aquatics.

<b>Week Of:</b>	<b>Activity:</b>
Jan 16	Introduction to Intermediate Beginning Swimming
<b>Jan 23</b>	<b>NO CLASSES - Conference</b>
Jan 30	Survival Floating
Feb 6	Treading Water
Feb 13	Sidestroke, Elementary Backstroke
Feb 20	Water Survival
Feb 27	Breaststroke
Mar 6	Front Crawl (aka Freestyle)
<b>Mar 13</b>	<b>NO CLASSES – Spring Break</b>
Mar 20	Rescue Techniques
Mar 27	Bobbing
Apr 3	Underwater Swimming/Actions
Apr 10	Brick Retrieval
Apr 17	Final Water Test
<b>Apr 24</b>	<b>NO CLASS - Conference</b>
May 1	Water Games

\* Schedule is subject to change

**Attendance:** Students are expected (and highly recommended) to attend every class. Tardies will result in 1 participation point deducted up to 10 minutes after class starts, 2 points for up to 20 minutes, and 4 points after 20 minutes. Students are responsible for all information/activities done in class whether they are attended or not.

**Participation:** Student participation is a key for success in this class. Four (4) points will be given each day for participation as follows:

- 4 =excellent participation of class activities
- 3 = good participation
- 2 = average participation
- 1 = below average participation
- 0 = no participation or absent

**Proficiencies:** Proficiencies will be assessed by a 5 point system. (except for the Rescue Technique written test – 15 points).

Proficiencies for this class will include, but are not limited to:

Survival Floating, Treading Water, Side Stroke, Elementary Back Stroke, Breaststroke, Front Crawl (Freestyle), Rescue Techniques, Bobbing, Front Summersault, Back Summersault, Brick Retrieval, Clad Removal Pants, Clad Removal Shirt

**Swim Final:** The swim final will be on April 20. Your performance will be evaluated in the following areas: water entry, summersaults, survival float, swim strokes, bobbing and treading

**Evaluation:** There will be a total of 223 points for this class.

Participation = 23 days x 4 points = 92 points total  
Proficiencies = 75 points total  
Swim Final = 56 points total  
Total Points = 223 points

The grading scale for this class is as follows:

201 – 223 = A  
178 – 200 = B  
156 – 177 = C  
134 – 155 = D  
133 and less = F

**Attire:** Swim suits are **required**. Shorts/cutoffs are not permitted. Students may wear additional clothing over swim suits if they so desire. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in a zero (0) for the day. Please keep all personal electronic devices out of the pool area during this class.

**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.”