

## PE 111 ADVANCED BEGINNING SWIMMING

**LOCATION:** Swimming Pool  
**INSTRUCTOR:** Dr. Yit Aun Lim      **OFFICE:** Gym 2  
**SECTION:** 11J  
**DAY/TIME:** TUES/THURS: 11:00 AM - 12:30 PM  
**PHONE NO.:** (770) 784-4675      **ON CAMPUS:** 4-4675  
**E-MAIL:** ylim@learnlink.emory.edu  
**OFFICE HOUR:** Monday/Wednesday: 2:00 - 3:00 PM; Tuesday: 1:00 - 3:00 PM  
Thursday: 1:00 - 2:00 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:

1. Basic Safety Guidelines.
2. Open Water Safety.
3. Safety in different environment.

#### 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; retrieval of brick from bottom of the pool (7 foot depth); underwater swim; treading water.
  - b. Clad swim.
  - c. Bobbing/20 breaths test .
7. Fitness Swim:
  - a. 12 minute fitness swim.

8. Others [if time permits]:
  - a. Surface Dive; Starts & Turns; and Basic & Emergency Water Safety Skills.

**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 (2) 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 missed 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 as absences.

**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.

FALL 1999 PE 111: 11J [TT] CLASS CALENDER

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	THURS	8/26	INTRODUCTION	
2	TUES	8/31	<b>FRONT CRAWL</b>	
			<ul style="list-style-type: none"> <li>•BALANCING WITH HANDS ON SIDE</li> <li>•BALANCING WITH ONE ARM EXT</li> <li>•BALANCING (BHOS) &amp; KICK ON SIDE</li> <li>•BALANCING (AEXT) &amp; KICK ON SIDE</li> </ul>	
	THURS	9/2	<b>FRONT CRAWL</b>	
			WITH AND WITHOUT KICK BOARD:	
			<ul style="list-style-type: none"> <li>•BOTH HANDS IN FRONT</li> <li>•ONE HAND ON BREATHING SIDE</li> <li>•SIDE KICKING</li> <li>•ONE ARM FREESTYLE</li> <li>•CATCH-UP FREESTYLE</li> </ul>	
3	TUES	9/7	<b>BACK CRAWL</b>	
			<ul style="list-style-type: none"> <li>•SUPINE FLOAT: BALANCING</li> <li>SUPINE KICK: BOTH HANDS ON SIDE, &amp; ONE ARM EXTENDED</li> <li>•SIDE KICK: BOTH HANDS ON SIDE, &amp; ONE ARM EXTENDED</li> <li>•6-6 DRILL</li> </ul>	
	THURS	9/9	<b>BACK CRAWL</b>	
4	TUES	9/14	REVIEW & INTERVAL SWIM: FR & BK <b>BREASTSTROKE</b>	
			<ul style="list-style-type: none"> <li>• PRONE BREAST KICK</li> <li>• SUPINE BREAST KICK</li> <li>• VERTICAL BREAST KICK AGAINST WALL</li> <li>• TREADING WATER: EGG BEATER KICK</li> </ul>	
	THURS	9/16	<b>BREASTSTROKE</b>	
			<ul style="list-style-type: none"> <li>• ARM SCULLING</li> <li>• 1 PULL/2 KICK DRILL</li> <li>• 2 PULL/1 KICK</li> <li>• BREATHING &amp; TIMING</li> </ul>	
5	TUES	9/21	<b>ELEMENTARY BACKSTROKE</b>	
			<ul style="list-style-type: none"> <li>• SUPINE BREAST KICK</li> <li>• ARM PULL &amp; RECOVERY</li> </ul>	
	THURS	9/23	<b>ELEMENTARY BACKSTROKE</b>	
			<ul style="list-style-type: none"> <li>• BREATHING &amp; TIMING</li> <li>• BALANCING &amp; GLIDING</li> </ul>	

6	TUES	9/28	<b>SIDESTROKE</b> • PULL PATTERN: LEADING & TRAILING ARMS • KICK PATTERN: SCISSORS KICK
	THURS	9/30	<b>SIDESTROKE</b> • BREATHING & TIMING
7	TUES	10/5	REVIEW FOR MID-TERM
	THURS	10/7	<b>FALL BREAK</b>
8	TUES	10/12	<b>MID-TERM EXAM [CH 1,2,4,5,6]</b>
	THURS	10/14	CLAD SWIM •INFLATING SHIRT & PANTS
9	TUES	10/19	CLAD SWIM & EFFICIENCY/BOBBING •PRACTICE
	THURS	10/21	<b>CLAD TEST</b>
10	TUES	10/26	EFFICIENCY SKILLS/BOBBING •PRACTICE
	THURS	10/28	<b>EFFICIENCY TEST/BOBBING TEST</b>
11	TUES	11/2	FITNESS SWIM: INTERVAL TRAINING
	THURS	11/4	FITNESS SWIM: FARTLEK TRAINING
12	TUES	11/9	FITNESS SWIM: DISTANCE TRAINING • 20 MIN SWIM
	THURS	11/11	FITNESS SWIM: SPRINT TRAINING • 10 x 12.5 @ 2:00
13	TUES	11/16	FITNESS SWIM: AEROBIC TRAINING 1 x 200 @ 8:00 2 x 100 @ 4:00 4 x 50 @ 2:00 8 x 25 @ 1:00
	THURS	11/18	FITNESS SWIM: ANAEROBIC TRAINING 10 x 25 @ 3:00
14	TUES	11/23	<b>12 MIN SWIM TEST</b>
	THURS	11/25	<b>THANKSGIVING HOLIDAY</b>
15	TUES	11/30	<b>STROKE TEST</b>
	THURS	12/2	REVIEW FOR FINAL
16	TUES	12/7	<b>FINAL WRITTEN EXAM [CH 9-13]</b>