

**Oxford College**  
**PE 111 – Intermediate Swimming**  
**TR 11:30-12:45, 1:00-2:15, 2:30-3:45**  
**Spring 2008**

**Instructor: Anthony Gonzales**  
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**Office: Williams 103**  
**Hours: M-F 10:30-11:30**  
**Or By Appointment**

**Course Description:** Develops the intermediate 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 intermediate 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.

**Week Of:**

**Activity:**

Jan 17	Introduction to Intermediate Swimming
Jan 21	Survival Float
Jan 28	Tue - Treading Water, Thur- TBA
Feb 4	Sidestroke
Feb 11	Elementary Backstroke
Feb 18	Front Crawl (aka Freestyle)
Feb 25	Breaststroke
Mar 3	Tue - Rescue Techniques, Thurs – <i>Written Exam 1</i> (Rescue)
<b>Mar 10</b>	<b>SPRING BREAK – NO CLASS</b>
Mar 17	Bobbing
Mar 24	Underwater Swimming/Actions
Mar 31	Brick Retrieval
Apr 7	Tue - Clad, <i>Thu – Exam 2</i>
Apr 14	Clad
Apr 21	Tue – Prep Final, Thurs - Final
Apr 28	Prof Make-up

\* 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 5 minutes after class starts, 2 points for up to 10 minutes, and up to 4 points after 10 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 for each specific topic. If you earn a 3, 2 or 1 on a proficiency test you will have a chance to make up that test, up to three proficiencies, on Thursday, December 6<sup>th</sup>. If you receive a zero (0) on proficiency due to an absence you can choose to make it up on Thursday, December 6<sup>th</sup>, with the understanding that it will count as three (3) make up proficiencies. All zeros (0) must be made up first. You may not make up the final on the makeup day.

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

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

**Written Exams:** You will have two (2) written exams in this class. The first exam will be given on Thursday, March 6<sup>th</sup>, and will cover rescue techniques. The second exam will be given on Thursday, April 10<sup>th</sup>, and will cover safety and strokes. Each exam is worth 15 points. There is no makeup for written exams.

**Swim Final:** The swim final will be on Thursday, April 24<sup>th</sup>. 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 305 points for this class.

Participation = 27 days x 4 points = 108 points total  
Proficiencies = 55 points total  
Written Exams = 2 exams x 15 points = 30 points total  
Swim Final = 112 points total  
Total Points = 305 points total

The grading scale for this class is as follows:

275 - 305 = A  
244 – 274 = B  
214 - 243 = C  
183 - 213 = D  
182 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.”

**Grade Appeal Process:** If you wish to contest the final grade you receive in this class you are to put your request to me in writing within five (5) days of the final grades being posted. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the five (5) day deadline.