

Oxford College
PE 111-Intermediate Swimming
MWF 12:50 – 1:40
Fall 2011

Instructor: Amanda Fischer
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Office: Williams Athletic Training Room
Hours: By Appointment Only

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:
Aug 24	Introduction to Intermediate Swimming
Aug 29	Survival Float
Sept 5	Mon - NO CLASS , Wed / Fri– Treading Water
Sept 12	Side Stroke
Sept 19	Elementary Back Stroke
Sept 26	Front Crawl (aka Freestyle)
Oct 3	Breaststroke
Oct 10	Mon - NO CLASS , Wed - Rescue Techniques, Fri - <i>Written Exam I (Rescue)</i>
Oct 17	Bobbing
Oct 24	Somersaults
Oct 31	Clad
Nov 7	Underwater Swimming / Brick Retrieval
Nov 14	Mon / Wed– Water Review, Fri – <i>Water Final (strokes)</i>
Nov 21	Mon – <i>Written Exam 2 (Knowledge)</i> Wed / Fri-NO CLASS
Nov 28	Mon / Wed– Prep Final, Fri – <i>Water Final (survival)</i>
Dec 5	Mon - Prof Make-up

*Schedule is subject to change

Attendance: You are expected to attend all of the class at the scheduled times. **There are no UNEXCUSED absences in this class.** If you have to miss a class, it has to be **serious illness or emergency** and you have to communicate with me before/after in order to make up your missed work. **The maximum three (3) absences (one-week class) may be allowed with my consensus.**

After allowed 3 absences, each subsequent absence will result in a 5% deduction from your final grade per department policy.

Religious Holidays approved by the college may be excused. However, you must inform me and seek approval in advance for each of the holidays. You may also be responsible to make up the missed classes if it is needed.

Students are expected to come to the class on time. If you arrive after roll-call, you are late. Tardiness will affect your participation grade.

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 proficiency you may have a chance to redo the skill with a limit of three proficiencies on Monday, December 5th. If you have a zero(0) on a proficiency due to an absence you can choose to make it up on December 5th, 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 or any written exam 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 Friday, October 14th, and will cover rescue techniques. The second exam will be given on Monday, November 21st, and will cover safety and strokes. Each exam is worth 15 points. There is no make-up for written exams.

Swim Final: The swim final will be divided into two parts: survival and strokes test. For the strokes test, your performance will be based on proper execution and technique of the front crawl, sidestroke, elementary backstroke and breaststroke. This will take place on Friday, November 18th. It is worth 64 points. The survival test will be 40 minutes long and incorporate summersaults, treading, floating, underwater swimming and bobbing. This test will take place Friday, December 2nd. This test is worth 96 points.

Evaluation: There will be a total of 439 points in this class.

Participation = 41 days x 4 points = 164 points total

Proficiencies = 55 points total

Written Exams = 2 exams x 30 points = 60 points total

Swim Final = 2 exams 64 + 96 points = 160 points total

Total Points = 439 points total

The grading scale for this class is as follows:

100-93% A	79-77% C+
92-90% A-	76-73% C
89-87% B+	72-70% C-
86-83% B	69-60% D
82-80% B-	< 60% 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/she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.”

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404-727-6016)

Reasonable Accommodations for Students with Disabilities: If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note taking, reading, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of disability Services (404-727-6016) with questions about such services. It is the student’s responsibility to initiate considerations’ all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722).

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.