

**Oxford College**  
**PE 112 – Advanced Swimming**  
**MWF 12:50 – 1:40**  
**Fall 2006**

**Instructor: Anthony Gonzales**  
**E-mail: gonza5@emory.edu**  
**Phone: 770-784-4675**

**Office: Williams Gym**  
**Hours: MW 10:00–11:30, 2:00–3:00**  
**TR 11:30-12:00**  
**Or By Appointment**

**Course Description:** For students who are not afraid of deep water but are not good swimmers. Development of stroke mechanics and personal water safety skills. In water safety and survival are emphasized.

**Course Objectives:** Development of personal safety skills which allow for survival in the water for extended periods of time. Acquire general knowledge of basic water safety and emergency water safety. Acquire a general knowledge of hydrodynamic principles as well as stroke refinement.

**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

**Evaluation:** There will be a total of 323 points for this class.

Participation = 42 days x 4 points = 168 points  
Swim Tests = 85 points  
Swim Final = 70 points  
Total Points = 323 points

The grading scale for this class is as follows:

291 - 323 = A  
258 – 290 = B  
226 - 257 = C  
193 - 225 = D  
192 and less = F

| <b>Date:</b>      | <b>Activity:</b>                     | <b>Location:</b>         |
|-------------------|--------------------------------------|--------------------------|
| Aug 30            | Introduction to Advanced Swimming    | Williams 110             |
| Sept 1            | How well do you swim                 | Pool                     |
| Sept 4, 6         | Elementary Backstroke                | Pool                     |
| Sept 8, 11        | Sidestroke                           | Pool                     |
| <i>Sept 13</i>    | <i>SWIM Pre-Test – EBS &amp; SS</i>  | <i>Pool</i>              |
| Sept 15           | Hydrodynamics                        | Pool                     |
| Sept 18, 20       | Front Crawl (aka Freestyle)          | Pool                     |
| Sept 22, 25       | Breaststroke                         | Pool                     |
| <i>Sept 27</i>    | <i>SWIM Pre-Test – FR &amp; BR</i>   | <i>Pool</i>              |
| Sept 29, Oct 2    | Backstroke (aka Back Crawl)          | Pool                     |
| <i>Oct 4</i>      | <i>SWIM Pre-Test – BK</i>            | <i>Pool</i>              |
| Oct 6             | Basic Water Game                     | Pool                     |
| <b>Oct 9</b>      | <b>NO CLASS – Fall Break</b>         | <b>Anywhere you want</b> |
| Oct 11            | Rescue Techniques                    | Williams 110             |
| Oct 13            | Rescue Techniques                    | Pool                     |
| <i>Oct 16</i>     | <i>RESCUE TECHNIQUE TEST</i>         | <i>Williams 110</i>      |
| Oct 18            | Bobbing – Shallow                    | Pool                     |
| Oct 20            | Bobbing – Deep                       | Pool                     |
| Oct 23            | Bobbing Skills                       | Pool                     |
| <i>Oct 25</i>     | <i>BOBBING TEST</i>                  | <i>Pool</i>              |
| Oct 27            | Underwater Swimming                  | Pool                     |
| Oct 30            | Underwater Actions                   | Pool                     |
| Nov 1             | The Brick                            | Pool                     |
| <i>Nov 3</i>      | <i>UNDERWATER SWIM TEST</i>          | <i>Pool</i>              |
| <i>Nov 6</i>      | <i>BRICK RETREAVAIL TEST</i>         | <i>Pool</i>              |
| Nov 8             | Somersaults                          | Pool                     |
| Nov 10            | Clad Day – Shirt                     | Pool                     |
| Nov 13            | Clad Day – Pants                     | Pool                     |
| Nov 15            | Clad Day – Both                      | Pool                     |
| <i>Nov 17</i>     | <i>CLAD SWIM TEST</i>                | <i>Pool</i>              |
| Nov 20            | Advanced Water Game                  | Pool                     |
| <b>Nov 22, 24</b> | <b>NO CLASS – Thanksgiving Break</b> | <b>Anywhere you want</b> |
| Nov 27            | Stroke Practice                      | Pool                     |
| <i>Nov 29</i>     | <i>STROKE TEST</i>                   | <i>Pool</i>              |
| Dec 1             | Distance Day                         | Pool                     |
| <i>Dec 4</i>      | <i>TIMED SWIM TEST</i>               | <i>Pool</i>              |
| <i>Dec 6</i>      | <i>SWIM FINAL – A</i>                | <i>Pool</i>              |
| <i>Dec 8</i>      | <i>SWIM FINAL – B</i>                | <i>Pool</i>              |
| Dec 11            | Advanced Water Game                  | Pool                     |

\* Schedule is subject to change

**Pre-Tests and Tests:** *NOTE – All tests must be taken on the day that the test is scheduled. LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON THE TEST DAY WILL NOT BE MADE-UP. If you are going to be absent on the assignment due date or test days, it is your responsibility to make arrangements with Coach Gonzales before the day that will be missed.*

Stroke Pre-Tests (2 points each): Evaluation of swimming strokes.

Rescue Technique Test (15 points): Written test. Evaluation of knowledge and technique of basic rescue skills.

Bobbing Test (5 points): With hands behind back and legs together bob in 7 feet depth for 5 minutes.

Underwater Swim Test (5 points): Swim a prescribed distance completely underwater.

Brick Retrieval Test (5 points): Swim 20 yards, retrieve a 10 pound brick from 8 feet depth, swim back 20 yards with brick.

Clad Test (10 points): Students must wear long sleeved shirt and long pants and demonstrate the following:

- a. 15 minutes of a survival stroke
- b. Use clothing as a flotation device for 10 minutes.

Stroke Test (5 points each stroke): Students will swim and be evaluated on two (2) lengths of each stroke:

- a. Elementary Backstroke
- b. Sidestroke
- c. Front Crawl
- d. Breaststroke
- e. Backstroke

Timed Swim (10 points): Swim (any stroke) a set distance for 10 minutes. A handout will be given out with test scoring and detailed description the class period before the test.

**Swim Final:** The swim final (70 points) will be on Thursday, December 7. For the swim final, students must use at least 30 minutes to do the skills listed in the following order:

- a. Jump into 13 feet depth from the side of the pool
- b. Demonstrate a front flip AND back flip without arms
- c. Retrieve a pair of goggles, without arms, from 8 feet depth
- d. Swim a prescribed distance completely underwater without the students choice of arms OR legs
- e. Use the remaining time doing the survival float

**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.

**Reminder:** Class activities may include vigorous physical activity. If you have any medical condition or physical problems to 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).

**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."