

PE 103 FITNESS SWIMMING

LOCATION: Swimming Pool
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** S Gym Trailer RM 3
SECTION: 11:00A
DAY/TIME: MON/WED/FRI: 11:00 AM - 12:00 PM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 10:00 - 11:00 AM;
Tuesday/Thursday: 1:00 - 2:30 PM

COURSE OBJECTIVES:

1. To understand the benefits of swimming.
2. To develop better swimming mechanics for all competitive strokes.
3. To learn the general principles of exercise science concepts upon which the principles of aerobic (cardiovascular endurance) and strength training (muscular strength and endurance) are based.
4. To understand the importance of flexibility (shoulder and ankle), proper nutrition, and body composition in fitness swimming.
5. To develop and maintain a personal lifetime cardiovascular fitness through swimming.

GRADING SCALES:

90-100% = A; 80-89% = B; 70-79% = C; 60-69% = D; 0-59% = F

COURSE OUTLINE:

A. INTRODUCTION:

Fitness Assessment: Pre-test and Post-test

1. Heart Rate: resting & target
2. Upper Body Muscular Endurance Test
3. Abdominal Muscular Endurance Test
4. 500m Swim Test

B. LECTURES/SEMINAR (25 MIN EACH DAY) FOR THE FOLLOWING AREAS WILL BE COVERED:

1. Cardiovascular Endurance
2. Muscular Strength and Endurance
3. Flexibility
4. Nutrition
5. Body Composition
6. Principles of Training
7. Swimming Workout Zones
8. Setting Up A Fitness Training Program

C. CLASS WORK (25 MIN EACH DAY):

1. Swimming will be the main activity throughout the semester.

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EXAMINATION:

1. **Written Exams [40%]**
 - a. MID-TERM EXAM [20%]
 - b. FINAL EXAM [20%]
2. **Fitness Testing [40%]**
 - a. 500m swim test [20%]
 - b. Using results of the post-test [10%]
Better = 100% no change = 75% worst = 50%
 - c. Using the time of 4 test-swim [10%]
4 best = 100% 3 best = 75% 2 best = 50% 1 best = 25%
3. **Paper: Setting Up A Fitness Swimming Program [20%]**

SUGGESTED READING TEXT BOOKS:

Total Fitness: Exercise, Nutrition, and Wellness by Scott Powers and Stephen Dodd.

American Red Cross: Swimming & Diving by Mosby Lifeline.

Fitness Swimming by Emmett W. Hines.

ATTENDANCE:

1. A maximum of three 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 5 bonus points will be added to the final grade for the student who does not miss any classes during the semester; three (3) points will be given to those who miss one class; and one (1) point will be added for those who miss two classes.
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 an absence.

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.

STUDENT HONOR CODE:

It is the student responsibility to uphold the honor code as described in Oxford College's catalog.

SPRING 2001**PE 103: 11:00A [MWF] CLASS CALENDER**

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	WED	1/17	INTRODUCTION	
	FRI	1/19	FA: PRE-TEST/REVIEW SWIMMING STROKES	
2	MON	1/22	FA: SWIM TEST	
	WED	1/24	LEC 1: CARDIOVASCULAR ENDURANCE (CV)	
	FRI	1/26	REVIEW FREESTYLE LEC 1: CV. REVIEW BACKSTROKE	
3	MON	1/29	LEC 1: CV. REVIEW BREASTSTROKE	
	WED	1/31	LEC 1: CV. SWIM TEST NO. 1	
	FRI	2/2	LEC 2: MUSCULAR STR & END REVIEW BUTTERFLY	
4	MON	2/5	LEC 2: MUSCULAR STR & END STROKE IMPROVEMENT	
	WED	2/7	LEC 2: MUSCULAR STR & END AEROBIC SWIM TRAINING	
	FRI	2/9	LEC 3: NUTRITION AEROBIC THRESHOLD TRAINING	
5	MON	2/12	LEC 3: NUTRITION FARTLEK TRAINING	
	WED	2/14	LEC 3: NUTRITION FARTLEK TRAINING	
	FRI	2/16	LEC 4: FLEXIBILITY OVER DISTANCE TRAINING	
6	MON	2/19	WATCH VIDEO: STARTS/TURNS	
	WED	2/21	LEC 5: BODY COMPOSITION. SWIM TEST NO. 2	
	FRI	2/23	WATCH VIDEO: ALL STKS	
7	MON	2/26	REVIEW FOR MID-TERM OVER DISTANCE TRAINING	
	WED	2/28	MID-TERM EXAM [LEC 1 - 5]	
	FRI	3/2	LEC 6: PRINCIPLES OF TRAINING [PT] OVER DISTANCE TRAINING	
8	MON	3/5	LEC 6: PT. OVER DISTANCE TRAINING	
	WED	3/7	LEC 6: PT. INTERVAL TRAINING	
	FRI	3/9	LEC 6: PT. INTERVAL TRAINING SWIM TEST NO.3	

9	MON	3/12	SPRING BREAK
	WED	3/14	SPRING BREAK
	FRI	3/16	SPRING BREAK
10	MON	3/19	LEC 7: TRAINING PHASES/ZONES ANAEROBIC THRESHOLD TRAINING
	WED	3/21	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
	FRI	3/23	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
11	MON	3/26	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
	WED	3/28	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
	FRI	3/30	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
12	MON	4/2	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
	WED	4/4	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
	FRI	4/6	SWIM TEST NO. 4 LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
13	MON	4/9	3 DAYS NUTRITIONAL ANALYSIS FITNESS SWIMMING
	WED	4/11	3 DAYS NUTRITIONAL ANALYSIS FITNESS SWIMMING
	FRI	4/13	3 DAYS NUTRITIONAL ANALYSIS FITNESS SWIMMING
14	MON	4/16	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
	WED	4/18	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
	FRI	4/20	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
15	MON	4/23	FA: POST-TEST
	WED	4/25	500m SWIM TEST
	FRI	4/27	REVIEW FOR FINAL EXAM
16	MON	4/30	FINAL EXAM [LEC 6 -8]

NAME OF STUDENT: _____ **SEMESTER:** _____

COURSE NAME: _____ **COURSE NO.** _____

INSTRUCTOR: _____

TRAINING ZONE:

MINIMUM TARGET HEART RATE = MHR x .70
[MIN THR]

= _____ x .70

= _____

MAXIMUM TARGET HEART RATE = MHR x .85
[MAX THR] = _____ x .85
 = _____

POST-TEST

- ## B. ABDOMINAL ENDURANCE [SIT-UP TEST]

NO. IN 1 MINUTE

- ### C. UPPER BODY ENDURANCE [PUSH-UP TEST]

NO. IN 1 MINUTE

- #### **D. CARDIORESPIRATORY FITNESS [500M SWIM TEST]**

FINISH TIME**HR AFTER 1 MIN**

HR AFTER 2 MIN

NOTE: TAKE 10s COUNT FOR HEART RATE [HR]

PE 103 FITNESS SWIMMING

500 M SWIM TEST SCORE

WOMEN TIME	MEN TIME	SCORE
12:00.00	11:00.00	100.00
12:15.00	11:15.00	97.50
12:30.00	11:30.00	95.00
12:45.00	11:45.00	92.50
13:00.00	12:00.00	90.00
13:20.00	12:20.00	86.66
13:40.00	12:40.00	83.33
14:00.00	13:00.00	80.00
14:30.00	13:30.00	75.00
15:00.00	14:00.00	70.00