

Oxford College
PE 150: Play Oxford / Fitness Swimming
MWF 12:00 – 12:50

Fall 2013

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

Course Description: Basic physiological principles for the development of cardiovascular fitness, flexibility, muscular strength and endurance. Includes individualized rigorous swimming and conditioning program.

Course Objectives:

- To develop specific fitness components through improved stroke technique and lap swimming
- To develop, improve and/or maintain cardiovascular and muscular endurance
- To enhance practical and cognitive knowledge of swimming
- To establish an individual and enjoyable physical activity program that may be maintained throughout life
- Related topics will include nutrition, body composition, muscular endurance and strength, and physiological/psychological benefits of swimming
- Successful completion of the class will equal a Level 6 Fitness Swimmer status from the American Red Cross.

Week Of:

Activity:

Aug 28	W Intro to Fitness Swimming and Play Oxford, F <i>Swim Assessment</i>
Sept 2	M: NO CLASS , W: Cooper Test, F: Play Oxford Testing
Sept 9	M: Cardio(gym) W: Weight Room, F: Nutrition (gym)
Sept 16	M: <i>Exam over 3 components</i> , W/F: Strokes Review
Sept 23	MW: Strokes Review, F: Water Rescue Technique
Sept 30	M: <i>Exam I(WRT)</i> / paddles W: Fins/Buoys, F: Turns
Oct 7	M: Turns, W/F: Fitness Techniques
Oct 14	M: NO CLASS , W: practice, F: Cooper Test
Oct 21	M: Practice, W: Exit Swim Test , F: <i>Written Test II</i>

Friday December 6th is the date of the exit tests for Play Oxford. Attendance Mandatory

*schedule subject to change

****Rest of the time you are finishing Play Oxford Credits**

Last day to earn Play Oxford Credit is Tuesday, December 10th.

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 two (2) absences (one-week class) may be allowed with my consensus.**

After allowed 2 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.

Fitness and Wellness Quizzes: During the semester, we will cover components of physical fitness including: cardiovascular fitness, muscular strength and endurance, flexibility, nutrition, stress management, sleep and body composition. You will be given a quizzes coving each portion. The quizzes will total 50 points.

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

Exit Assessment Test: Swim 500 yards continuously using the strokes in the following order:

- front crawl, 100 yards
- backcrawl, 100 yards
- breaststroke, 50 yards
- elementary backstroke, 50 yards
- sidestroke, 50 yards
- butterfly, 50 yards
- choice of stroke, 100 yards.

This test is worth 140 points. It will be given the last day of class on _____.

Cooper 12-minute Swim Test: At the beginning of the swimming portion of class you will be given a pre-test. You will have 12 minutes to cover the greatest distance possible, using whatever stroke is preferred. You may rest as necessary. Then on _____, you will be given the same test. Your grade is based on improvement on the test.

Positive Change: 60 points, No Change: 30 points, Negative Change: 0 Points

Written Assignments: You will have one (1) written assignment during the swimming portion of the class. You will be required to design a fitness swimming program for yourself that you can maintain during the course of your life. It should consist of activities that are enjoyable to you and is realistic in goals and expectations. A handout will be given at a later date outlining the specifics of the assignment. This assignment is due the last day of class: Monday Dec 9th. No late assignments will be accepted. The assignment is worth 25 points.

Proficiencies: Proficiencies will be assessed by a 5 point system for each specific topic. The proficiencies include but are not limited to : front crawl open turn, backstroke open turn, sidestroke turn, front flip turn, backstroke flip turn, breaststroke turn, butterfly turn.

Written Exams: You will have two (2) written exams in this class. The first exam will be given on _____, and will cover rescue techniques. The second exam will be given on _____, and will cover principles and strokes. Each exam is worth 30 points. There is no make-up for written exams.

Evaluation: Play Oxford: 40% of Total Grade

Hours:

33 – 36	A
29 – 32	B
25 – 28	C
22 – 24	D
21 or less	F

Fitness Swim: 60% of Total Grade

Components Quizzes: # = 50 points (*about 12%*)

Participation = 13 days x 4 points = 52 points (*12.5%*)

Swim Exit Assessment = 1 test x 140 points = 140 points (*33%*)

Cooper Test = 1 test x 60 points = 60 points (*14%*)

Written Assignments = 1 x 25 points = 25 points (*6%*)

Proficiencies = 7 proficiencies x 5 points = 35 points (*8%*)

Written Exams = 2 exams x 30 points = 60 points total (*14%*)

Total Points = 422 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 and goggles 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.

“Student work submitted as part of this course may be reviewed by Oxford and Emory faculty/staff for the purposes of improving instruction and enhancing Emory education.”