

## **PE 111 ADVANCED BEGINNING SWIMMING**

**LOCATION:** Swimming Pool  
**INSTRUCTOR:** Dr. Yit Aun Lim      **OFFICE:** S Gym Trailer RM 3  
**SECTION:** 930J  
**DAY/TIME:** TUES/THURS: 9:30 AM - 10:45 AM  
**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. Acquire basic techniques of advanced beginning swimming, which include the front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke.
2. Develop drownproofing techniques which will allow you to survive for extended periods of time in water.
3. Acquire general and emergency water safety skills.
4. Improve different strokes techniques which will promote enjoyment of water activities and enhance lifetime fitness.

### **GRADING SCALES:**

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

### **COURSE OUTLINE:**

A. INTRODUCTION:

B. AQUATICS SAFETY:

C. BASIC SKILLS:

1. Front Crawl (freestyle).
2. Back Crawl (backstroke).
3. Elementary Backstroke.
4. Breaststroke.
5. Sidestroke.
6. Drownproofing Techniques:
  - a. Efficiency Test: Survival swim/float; front & back somersaults; retrieval of brick from bottom of the pool (7 foot depth); underwater swim; treading water.
  - b. Clad swim.
  - c. Bobbing/20 breaths test .
7. Fitness Swim:
  - a. 12 MIN Swim Test.

EMORY UNIVERSITY



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**EXAMINATION:**

- |   |     |
|---|-----|
| 1. <b>Written Exams [30%]</b>               |     |
| a. first written test                       | 15% |
| b. second written test                      | 15% |
| 2. <b>Strokes Skill Test (final) [20%]</b>  | 20% |
| 3. <b>12 minute Fitness Swim Test [10%]</b> | 10% |
| 4. <b>Drownproofing [40%]</b>               |     |
| a. efficiency test                          | 15% |
| b. clad swim                                | 15% |
| c. bobbing/20 breaths test                  | 10% |

**TEXT BOOKS:**

American Red Cross: Swimming & Diving by Mosby Lifeline

**ATTENDANCE:**

1. A maximum of two 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 four (4) bonus points will be added to the final grade for student who does not miss any classes during the semester; two (2) points will be given to those who miss one class.
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 the Oxford College's catalog.

**SPRING 2001**

**PE 111: 930J [TT] CLASS CALENDER**

<b>WEEK</b>	<b>DAY</b>	<b>DATE</b>	<b>ACTIVITIES</b>	<b>ASSIGNMENT</b>
1	THURS	1/18	INTRODUCTION	
2	TUES	1/23	<b>FRONT CRAWL</b> <ul style="list-style-type: none"><li>•BALANCING WITH HANDS ON SIDE</li><li>•BALANCING WITH ONE ARM EXTD</li><li>•BALANCING (BHOS) &amp; KICK ON SIDE</li><li>•BALANCING (AEXT) &amp; KICK ON SIDE</li></ul>	
	THURS	1/25	<b>FRONT CRAWL</b> WITH AND WITHOUT KICK BOARD: <ul style="list-style-type: none"><li>•BOTH HANDS IN FRONT</li><li>•ONE HAND ON BREATHING SIDE</li><li>•SIDE KICKING</li><li>•ONE ARM FREESTYLE</li><li>•CATCH-UP FREESTYLE</li></ul> <b>BACK CRAWL</b> <ul style="list-style-type: none"><li>•SUPINE FLOAT: BALANCING</li><li>•SUPINE KICK: BOTH HANDS ON SIDE, &amp; ONE ARM EXTENDED</li><li>•SIDE KICK: BOTH HANDS ON SIDE, &amp; ONE ARM EXTENDED</li></ul>	
3	TUES	1/30	<b>BACK CRAWL</b>	
	THURS	2/1	REVIEW & INTERVAL SWIM: FR & BK <b>BREASTSTROKE</b> <ul style="list-style-type: none"><li>• PRONE BREAST KICK</li><li>• SUPINE BREAST KICK</li><li>• VERTICAL BREAST KICK AGAINST WALL</li><li>• TREADING WATER:EGG BEATER KICK</li></ul>	
4	TUES	2/6	<b>BREASTSTROKE</b> <ul style="list-style-type: none"><li>• ARM SCULLING</li><li>• 1 PULL/2 KICK DRILL</li><li>• 2 PULL/1 KICK</li><li>• BREATHING &amp; TIMING</li></ul> <b>ELEMENTARY BACKSTROKE</b> <ul style="list-style-type: none"><li>• SUPINE BREAST KICK</li><li>• ARM PULL &amp; RECOVERY</li></ul>	
	THURS	2/8	<b>ELEMENTARY BACKSTROKE</b> <ul style="list-style-type: none"><li>• BREATHING &amp; TIMING</li><li>• BALANCING &amp; GLIDING</li></ul>	

5	TUES	2/13	<b>SIDESTROKE</b> • PULL PATTERN: LEADING & TRAILING ARMS • KICK PATTERN: SCISSORS KICK
	THURS	2/15	<b>SIDESTROKE</b> • BREATHING & TIMING REVIEW ALL STROKES
6	TUES	2/20	CLAD SWIM/SURVIVAL FLOAT/SWIM
	THURS	2/22	PRACTICE CLAD: INFLATING SHIRT WATCH ARC VIDEO
7	TUES	2/27	REVIEW FOR MID-TERM
	THURS	3/1	<b>MID-TERM EXAM [CH 1,2,4,5,6]</b>
8	TUES	3/6	PRACTICE CLAD: INFLATING PANTS
	THURS	3/8	CLAD SWIM & EFFICIENCY/BOBBING
9	TUES	3/13	<b>SPRING BREAK</b>
	THURS	3/15	<b>SPRING BREAK</b>
10	TUES	3/20	EFFICIENCY SKILLS/BOBBING
	THURS	3/22	<b>CLAD/EFFICIENCY/BOBBING TEST</b>
11	TUES	3/27	FITNESS SWIM: INTERVAL TRAINING
	THURS	3/29	FITNESS SWIM: FARTLEK TRAINING
12	TUES	4/3	FITNESS SWIM: DISTANCE TRAINING
	THURS	4/5	FITNESS SWIM: SPRINT TRAINING
13	TUES	4/10	RIVIEW STROKES/STROKE IMPROVEMENT
	THURS	4/12	RIVIEW STROKES/STROKE IMPROVEMENT
14	TUES	4/17	PRACTICE 12 MIN SWIM TEST/MAKE UP DAY
	THURS	4/19	<b>12 MIN SWIM TEST</b>
15	TUES	4/24	<b>STROKE TEST</b>
	THURS	4/26	REVIEW FOR FINAL
16	TUES	5/1	<b>FINAL WRITTEN EXAM [CH 9-13]</b>

## **PE 111 SKILL TEST DESCRIPTIONS AND GRADING**

### **1. STROKE TEST [20% FINAL GRADE]**

- SWIM EACH OF THE FIVE STROKES FOR 2 LENGTH OF THE POOL (50M).
- YOU WILL BE GRADED ON YOUR KICK, ARM PULL, BREATHING, GLIDE, AND COORDINATION.

GRADE: EACH PART OF THE STROKE (KICK, PULL, ETC.,) COUNTS 1 POINT, A TOTAL OF 20 POINTS FOR 5 STROKES.

### **2. 12 MINUTE FITNESS SWIM TEST [10% OF FINAL GRADE]**

- USE ANY OF THE STROKES WE HAVE LEARNED THIS SEMESTER, SWIM FOR 12 MINUTES FOR AS FAST AND AS FAR AS YOU CAN.

GRADE: SEE SEPARATE SHEET FOR DISTANCE REQUIREMENT AND GRADING.

SPECIAL CIRCUMSTANTANCE: OTHER GRADING METHODS CAN BE DISCUSSED UPON REQUEST AT THE BEGINNING OF THE SEMESTER.

### **3. DROWNPROOFING [40% OF FINAL GRADE]**

#### **A. 30 MIN CLAD SURVIVAL FLOAT/SWIM [15% OF FINAL GRADE]**

- YOU MUST SWIM THE SURVIVAL STROKE, OR ANY OTHER STROKES WHICH DOES NOT REQUIRE ARMS COMING OUT OF WATER FOR AT LEAST THE FIRST 10 MINUTE.
- THEN INFLATE YOUR SHIRT AND FLOAT MOTIONLESS UNTIL YOU ARE SIGNALLED TO INFLATE YOUR PANTS. AFTER INFLATING YOUR PANTS, FLOAT MOTIONLESS UNTIL YOU ARE SIGNALLED TO CONTINUE THE REST.
- SURVIVAL FLOAT: USING THE SURVIVAL FLOAT WITH ARMS BEHIND YOUR BACK UNTIL THE REMAINING TIME IS UP.

GRADE: COMPLETE TIME = 15  
INCOMPLETE TIME OR TOUCH THE WALL = 9  
10% PENALTY IF FLOATATION IS INADEQUATE

#### **B. BOBBING/20 BREATHS TEST [10% OF FINAL GRADE]**

- BOB IN WATER (AT LEAST 1 FOOT DEEPER THAN YOUR HEAD) NON-STOP FOR 5 MINUTES. YOU MUST TOUCH THE BOTTOM OF THE POOL EACH TIME YOU SUBMERGE, AND YOU MUST SUBMERGE IMMEDIATELY AFTER YOU SURFACE FOR EACH BREATH. YOUR ARMS MUST STAY BEHIND YOUR BACK.

GRADE: 1 COMPLETE MINUTE = 1 POINT; 5 MIN = 5 PTS

- WHEN SIGNALLED, PERFORM FRONT FLIP AND BOB 2 MORE TIMES AFTER THE FLIP. DO THE SAME THING WITH THE BACK FLIP. YOUR ARMS MUST STAY BEHIND YOUR BACK DURING FLIPS.

GRADE: 1 POINTS FOR EACH FLIP

- BEGIN AT 7 FT WATER, SWIM TO THE DEEP WATER AND PERFORM A BACK FLIP FOLLOWED BY 20 BREATHS NON-STOP.

GRADE: 2 PTS FOR THE BACK FLIP. 1 PT FOR THE 20 BREATHS TEST.

**C. 30 MINUTE EFFICIENCY TEST [15% OF FINAL GRADE]**

**YOU WILL PERFORM A SERIES OF SKILLS DURING THIS TEST, BUT YOU WILL RECEIVE YOUR GRADE ONLY IF YOU COMPLETE THE ENTIRE 30 MINUTE DURATION OF THE TEST**

- **FRONT/BACK SOMERSAULT. YOU WILL PERFORM THE SURVIVAL SWIM/FLOAT AND DO THE FRONT/BACK SOMERSAULTS COMPLETELY SUBMERGED WHEN SIGNED. YOUR ARMS MUST BE BEHIND YOUR BACK DURING THE FLIPS.**

**GRADE: NO BREATH BETWEEN FLIPS = 5 PTS  
WITH BREATH = 3 PTS**

- **UNDERWATER SWIM. YOU WILL PERFORM THE SURVIVAL SWIM/FLOAT TO THE DEEP END T. WHEN SIGNED, BEGIN ABOVE THE T AND SWIM [WITH ARMS BEHIND YOUR BACK AND BODY FULLY SUBMERGED] UNTIL YOUR BODY IS BEYOND THE BRICK ON THE BOTTOM OF THE POOL.**

**GRADE: COMPLETE DISTANCE = 4 PTS  
HALF THE DISTANCE = 2 PTS**

- **TREADING WATER. YOU WILL PERFORM THE SURVIVAL SWIM/FLOAT TO THE DEEP END, AND TREAD WATER FOR 6 MINUTE.**

**GRADE: 1 COMPLETE MINUTE = 1 POINT; 6 MIN = 6 PTS**

**IF YOU PERFORM THE SURVIVAL SWIM/FLOAT AND ALL THE THREE SKILLS ABOVE WITHOUT ANY STRUGGLE, YOU WILL RECEIVE EXTRA 3 POINTS. HOWEVER, WITH OBVIOUS STRUGGLE, YOU WILL RECEIVE 1 PT.**

**PE 111 ADVANCED BEGINNING SWIMMING  
12-MINUTE SWIM TEST**

**MALES**

<u>Length</u>	<u>Meters</u>	<u>Grade</u>
8	200	40
8.5	212	42
9	225	44
9.5	237	46
10	250	48
10.5	262	50
11	275	52
11.5	287	54
12	300	56
12.5	312	58
13	325	60
13.5	337	62
14	350	64
14.5	362	66
15	375	68
15.5	387	70
16	400	73
16.5	412	75
17	425	77
17.5	437	79
18	450	82
18.5	462	84
19	475	86
19.5	487	89
20	500	92
20.5	512	94
21	525	96
21.5	537	98
22-above	550	100

**FEMALES**

<u>Length</u>	<u>Meters</u>	<u>Grade</u>
8	200	50
8.5	212	52
9	225	54
9.5	237	56
10	250	58
10.5	262	60
11	275	62
11.5	287	64
12	300	66
12.5	312	68
13	325	70
13.5	337	72
14	350	74
14.5	362	76
15	375	78
15.5	387	80
16	400	83
16.5	412	85
17	425	87
17.5	437	89
18	450	91
18.5	462	93
19	475	95
19.5	487	97
20-above	500	100