

Oxford College
PE 110 –Beginning Swimming
MWF 9:35 – 10:25
Spring 2006

Instructor: Anthony Gonzales
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Office: Williams Gym
Hours: MW 11:45 – 12:45
TR 9:30 – 10:00
Or By Appointment

Course Description: Develops the nonswimmer's skills in basic strokes and personal water safety skills. The development of comfort in the water is emphasized in this class through the introduction, practice and evaluation of various swimming skills.

Course Objectives: The purpose of this class is to create a comfortable enjoyable atmosphere in shallow and deep water situations. 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:
Jan 16	Introduction to Beginning Swimming
Jan 23	Mon – Expectations and preparation, Wed, Fri - NO CLASSES - Conference
Jan 30	Survival Floating
Feb 6	Survival Stroke
Feb 13	Treading Water *Homework Swim Begins
Feb 20	Floating, Treading, Swimming
Feb 27	Elementary Back Stroke
Mar 6	Elementary Back Stroke & Front Crawl (aka Freestyle)
Mar 13	NO CLASSES – Spring Break
Mar 20	Front Crawl (aka Freestyle)
Mar 27	Bobbing
Apr 3	Forward Summersaults
Apr 10	Backward Summersaults
Apr 17	The Deep End
Apr 24	Mon – The Deep End, Wed, Fri -NO CLASS - Conference
May 1	Water Games

* Schedule is subject to change

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 15 minutes, and 4 points after 15 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

Proficiencies: Proficiencies will be assessed by a 5 point system. Proficiencies for this class will include, but are not limited to:

Jump into 13 feet, 30 minute survival float, Front Crawl, Survival Stroke, Elementary Back Stroke, Bobbing, 3 minute tread, Forward Summersault, Backward Summersault

Homework: Students are required to participate in a minimum of 30 minutes of open swim each week. Sign in/out sheets will be with the lifeguard on duty. Sign in with your name and time you started, the guard will initial signature. When finished you must sign out your time, the guard will initial signature. Instructor will collect sign in/out sheets every Monday morning. Assignments begin the week of February 13.

Evaluation: There will be a total of 237 points for this class. The breakdown is as follows:

Participation = 23 days x 4 points = 92 points total
Proficiencies = 9 proficiencies x 5 points = 45 points total
Homework = 10 weeks x 10 points = 100 points total
Total Points = 237 points

The grading scale for this class is as follows:

213 – 237 = A
190 – 212 = B
166 – 189 = C
142 – 165 = D
141 and less = 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 or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.”