

**Oxford College**  
**PE 111 – Intermediate Swimming**  
**TR 10:00 – 11:30**  
**Spring 2007**

**Instructor: Anthony Gonzales**  
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**Office: Williams Gym**  
**Hours: M & W 11:15-12:15**  
**T & R 1:15-2:15**  
**Or By Appointment**

**Course Description:** Develops the intermediate swimmer's (one who is not afraid of water, but is not comfortable in deep water) skills in basic strokes and personal safety. In water safety and survival is emphasized.

**Course Objectives:** The purpose of this class is to introduce, discuss, demonstrate and participate in intermediate swimming activities and techniques. The students will be able to perform specific proficiencies of aquatic survival as well as have a greater understanding of the term aquatics.

<b>Week Of:</b>	<b>Activity:</b>
Jan 17	Introduction to Intermediate Swimming
Jan 22	<b>Tue – NO CLASS</b> , Thur - Survival Float
Jan 29	Tue Survival Float, <b>Thurs - TBA</b>
Feb 5	Treading Water
Feb 12	Sidestroke
Feb 19	Elementary Backstroke
Feb 26	Front Crawl (aka Freestyle)
Mar 5	Breaststroke
Mar 12	<b>SPRING BREAK – NO CLASS</b>
Mar 19	Tue - Rescue Techniques, Thurs – Written Rescue Test
Mar 26	Bobbing
Apr 2	Underwater Swimming/Actions, Brick Retrieval
Apr 9	Clad Activites
Apr 16	Tue – Finish Clad, Thurs – Final Prep
Apr 23	Tue – Final, Thurs - Prof Make-up
Apr 30	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 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

**Proficiencies:** Proficiencies will be assessed by a 5 point system for each specific topic. (except for the Rescue Technique written test – 15 points). If you earn a 3, 2 or 1 on a proficiency test you will have a chance to make up that test, up to three proficiencies, on Thursday, April 26. If you receive a zero (0) on proficiency due to an absence you can choose to make it up on Thursday, April 26, with the understanding that it will count as three (3) make up proficiencies. You may not make up the final on the makeup day.

Proficiencies for this class will include, but are not limited to:

Survival Floating, Treading Water, Side Stroke, Elementary Back Stroke, Breaststroke, Front Crawl (Freestyle), Rescue Techniques, Bobbing, Front Summersault, Back Summersault, Brick Retrieval, Clad Removal Pants, Clad Removal Shirt

**Swim Final:** The swim final will be on Tuesday, April 24. Your performance will be evaluated in the following areas: water entry, summersaults, survival float, swim strokes, bobbing and treading

**Evaluation:** There will be a total of 282 points for this class.

Participation = 25 days x 4 points = 100 points total  
Proficiencies = 70 points total  
Swim Final = 112 points total  
Total Points = 282 points

The grading scale for this class is as follows:

254 - 282 = A  
226 – 253 = B  
197 - 225 = C  
169 - 196 = D  
168 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.”