

Oxford College
PE 112 – Advanced Swimming
TR 10:00 – 11:15
Fall 2006

Instructor: Anthony Gonzales
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Office: Williams Gym
Hours: MW 10:00–11:30, 2:00–3:00
TR 11:30-12:00
Or By Appointment

Course Description: For students who are not afraid of deep water but are not good swimmers. Development of strike mechanics and personal water safety skills. In water safety and survival are emphasized.

Course Objectives: Development of personal safety skills which allow for survival in the water for extended periods of time. Acquire general knowledge of basic water safety and emergency water safety. Acquire a general knowledge of hydrodynamic principles as well as stroke refinement.

Date:	Activity:	Location:
Aug 31	Introduction to Advanced Swimming	Williams 110
Sept 5	How well do you swim, EBS	Pool
Sept 7	Elementary Backstroke	Pool
Sept 12	Sidestroke	Pool
Sept 14	<i>SWIM Pre-Test – EBS & SS</i>	<i>Pool</i>
Sept 19	Hydrodynamics	Pool
Sept 21	Front Crawl (aka Freestyle)	Pool
Sept 26	Breaststroke	Pool
Sept 28	<i>SWIM Pre-Test – FR & BR</i>	<i>Pool</i>
Oct 3	Backstroke (aka Back Crawl)	Pool
Oct 5	<i>SWIM Pre-Test – BK</i>	<i>Pool</i>
Oct 10	NO CLASS – Fall Break	Anywhere you want
Oct 12	Basic Water Games	Pool
Oct 17	Rescue Techniques	Williams 110/Pool
Oct 19	<i>RESCUE TECHNIQUE TEST</i>	<i>Williams 110</i>
Oct 24	Bobbing	Pool
Oct 26	<i>BOBBING TEST</i>	<i>Pool</i>
Oct 31	Underwater Swimming	Pool
Nov 2	<i>UNDERWATER SWIM TEST</i>	<i>Pool</i>
Nov 7	Underwater Swim & Retrieval	Pool
Nov 9	<i>BRICK RETREIVAL TEST</i>	<i>Pool</i>
Nov 14	Clad Day (bring shirt and pants)	Pool
Nov 16	<i>CLAD TEST</i>	<i>Pool</i>
Nov 21	Advanced Water Games	Pool
Nov 23	NO CLASS – Thanksgiving Break	Anywhere you want
Nov 28	Distance Day	Pool
Nov 30	<i>STROKE TEST</i>	<i>Pool</i>
Dec 5	<i>TIMED SWIM TEST</i>	<i>Pool</i>
Dec 7	<i>SWIM FINAL</i>	<i>Pool</i>
Dec 12	Advanced Water Game	Pool

* 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

Pre-Tests and Tests: *NOTE – All tests must be taken on the day that the test is scheduled. LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON THE TEST DAY WILL NOT BE MADE-UP. If you are going to be absent on the assignment due date or test days, it is your responsibility to make arrangements with Coach Gonzales **before** the day that will be missed.*

Stroke Pre-Tests (2 points each): Evaluation of swimming strokes.

Rescue Technique Test (15 points): Written test. Evaluation of knowledge and technique of basic rescue skills.

Bobbing Test (5 points): With hands behind back and legs together bob in 7 feet depth for 5 minutes.

Underwater Swim Test (5 points): Swim a prescribed distance completely underwater.

Brick Retrieval Test (5 points): Swim 20 yards, retrieve a 10 pound brick from 8 feet depth, swim back 20 yards with brick.

Clad Test (10 points): Students must wear long sleeved shirt and long pants and demonstrate the following:

- a. 15 minutes of a survival stroke
- b. Use clothing as a flotation device for 10 minutes.

Stroke Test (5 points each stroke): Students will swim and be evaluated on two (2) lengths of each stroke:

- a. Elementary Backstroke
- b. Sidestroke
- c. Front Crawl
- d. Breaststroke
- e. Backstroke

Timed Swim (10 points): Swim (any stroke) a set distance for 10 minutes. A handout will be given out with test scoring and detailed description the class period before the test.

- Swim Final:** The swim final (70 points) will be on Thursday, December 7. For the swim final, students must use at least 30 minutes to do the skills listed in the following order:
- Jump into 13 feet depth from the side of the pool
 - Demonstrate a front flip AND back flip without arms
 - Retrieve a pair of goggles, without arms, from 8 feet depth
 - Swim a prescribed distance completely underwater without the students choice of arms OR legs
 - Use the remaining time doing the survival float

Evaluation: There will be a total of 263 points for this class.

Participation = 27 days x 4 points = 108 points

Swim Tests = 85 points

Swim Final = 70 points

Total Points = 263 points

The grading scale for this class is as follows:

233 - 263 = A

210 - 232 = B

184 - 209 = C

158 - 183 = D

157 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.

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems to 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).

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.”