

PE 111 ADVANCED BEGINNING SWIMMING COURSE SYLLABUS

Location: Gym, swimming pool
Instructor: Dr. Bing Wei
Phone No.: (770) 784-8371, On campus: 4-8371
Office Room No.: Gym 4A
Office Hour: MWF 9:00-10:00 AM, MW 1:00-2:00 PM
TT 1:00-3:00 PM

COURSE OBJECTIVES:

- A. Acquire basic techniques of advanced beginning swimming.
- B. Develop skills which will allow you to survive for extended periods of time in water.
- C. To help you enhance your physical fitness through aquatic activities.
- D. Acquire general knowledge of basic water safety and emergency water safety.

GRADING SCALES

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

TOPICS TO BE COVERED

- A. Introduction
 - 1. safety in aquatics
 - 2. facilities and attire
- B. Basic Skills
 - 1. Strokes
 - breaststroke
 - front crawl (free style)
 - elementary back stroke
 - back crawl (back stroke)
 - sidestroke
 - 2. Drownproofing
 - bobbing
 - front and back somersaults, retrieval of brick from bottom of the pool(7 foot depth), underwater swim, and survival swim/float.
 - treading water
 - clad swim
 - 3. Twelve (12) Minute Fitness Swim
 - 4. Introduction to surface dive, backstroke starting and front crawl flip turn if time permits
 - 5. Acquire basic water safety and emergency water safety skills if time permits

EXAMS

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| 1. Written exams | |
| a. first written exam | 15% |
| b. second written exam | 15% |
| 2. Test of stroke techniques | 20% |
| 3. Twelve (12) minute fitness swim test | 10% |
| 4. Drownproofing | |
| a. efficiency test | 15% |
| b. clad swim | 10% |
| c. bobbing/somersaults/treading water | 15% |

TEXT BOOKS

American Red Cross: Swimming & Diving
Written exams will be based on the book and information presented in the class. The subjects included in the lectures are: history of swimming; personal safety; hydrodynamics; principles of training; guidelines on developing personalized fitness programs; first aid for heat and cold related illnesses; recognize water emergencies and basic rescue information. Written examinations in this class will count thirty percent of your final grade.

ATTENTION

Class activities may include vigorous exercise. If there is any medical condition which cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately upon your knowledge of the condition. If you have condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating 1) the nature of the limitation(s) and 2) his/her suggestions for activities which would help you meet the requirements of this course.

ATTENDANCE POLICIES

1. A maximum of three (3) absences will be allowed without penalty for the semester.
2. Two (2) points will be deducted from the final grade on each of the absence thereafter.
3. Three (3) late arrivals (10 minutes or more) to class constitute an absence.
4. If unable to participate in the activities, it is strongly encouraged that student observes the class. However, a maximum of 2 class observations will be counted as attendance. More than 2 observations will be penalized as absences.

WEEK	PE 111 DAY	TT DATE	CLASS CALENDAR ACTIVITIES	FALL, 1999 ASSIGNMENT
1	Thurs.	8/26	introduction	
2	Tue. Thurs.	8/31 9/2	basic water skills watch video on strokes	C. 1
3	Tue. Thurs.	9/7 9/9	bobbing, survival stroke, breaststroke breaststroke, survival float	C. 2
4	Tue. Thurs.	9/14 9/16	breaststroke, elementary backstroke lecture: chapters 1, 2, 3	C. 3
5.	Tue. Thurs.	9/21 9/23	elementary backstroke, under water swim front crawl, flips, fitness swim	C. 4 C. 6
6.	Tue. Thurs.	9/28 9/30	front crawl, sidestroke lecture: chapter 4, 6, review for mid-term	
7.	Tue. Thurs.	10/5 10/7	mid-term exam Fall break	
8.	Tue. Thurs.	10/12 10/14	sidestroke, flips, fitness swim backstroke, treading water	C. 5 C. 10
9.	Tue. Thurs.	10/19 10/21	backstroke, surface dives lecture: C. 5, 10, 12, review mid-term exam	C. 12
10.	Tue. Thurs.	10/26 10/28	clad swim, stroke improvement clad swim, drownproofing	C. 13
11.	Tue. Thurs.	11/2 11/4	water safety skills, turns, lecture: chapters 6, 13	
12.	Tue. Thurs.	11/9 11/11	review for all water test skills bobbing/somersault/treading water test	
13.	Tue. Thurs.	11/16 11/18	clad swim test stroke test	
14.	Tue. Thurs.	11/23 11/25	12 minute fitness swim test Thanksgiving Holiday	
15.	Tue. Thurs.	11/30 12/2	30 minute efficiency test final exam review	
16.	Tue.	12/7	Final written exam	