

PE 110 Beginning Swimming
Fall 2018
Tues / Thur 10:00-11:15am

Instructor: Tiara DeLapp

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Office: Williams Hall Phone: 770-784-8424 (Office)

Office Hours: by appointment

Physical activities for this class include vigorous movement. If you have a medical condition that prevents you from fully participating in the class, please contact the Office of Accessibility (OAS).

Class Description: This course will teach non-swimmers and/or fearful swimmers how to relax in the water. In addition, students will begin basic swim skills e.g. breath control, floating, front crawl stroke, and backstroke.

Course Objectives:

1. Demonstrate breath control and rhythmic breathing.
2. Describe and implement basic survival skills.
3. Employ floating techniques.
4. Distinguish and implement stroke mechanics of the front crawl, back crawl, elementary back stroke, sidestroke, and breaststroke.
5. Demonstrate treading water, surface dives, and underwater swimming.
6. Develop body control and kinesthetic awareness through basic skills in swimming.

Text: There is no text for this class. Printed materials will be provided as needed

Dress Code: Bathing suits and goggles are required. Shorts and cut offs are not permitted. You may wear additional clothing over your bathing suit if you wish. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in an absence

Weekly Practice Sessions: Each week that is not denoted with an NP (see course schedule), there will be a mandatory 45 minute pool practice session. On the pool deck there will be a desk with manila folders for each student. Each will contain blank practice session forms. These forms must either be signed by your instructor or the lifeguard on duty. These sessions are worth 10 points per week. The week will run Monday thru Sunday. For example, for the week of September 11 & 13 you will have from Monday, September 10 thru Sunday, September 16 to complete your weekly practice session. If you would like to practice more than one time per week, you are more than welcome to, however you will only receive 10 points per week.

Grading Breakdown:

<u>ASSIGNMENT</u>	<u>POINTS</u>	<u>% OF GRADE</u>
SMART Writing Assignment	20	6.6
Midterm Exam	42	14.0
Final Exam	48	16.0
Timed Swim & Improvement	30	10.0
Class Participation	40	13.3

Practice Sessions (10pts/week)	120	40.0
TOTAL	300	100

Class Attendance Policy:

A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.

B. You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of three (MWF)/two (TTH) absences are allowed without penalty, upon instructor's consent. There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

C. After the allowed absences (3/2), each following absence will result in a 5% reduction of your final grade, e.g.,

MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F.

TTH: 3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction; 6 absences = 20% reduction; 7 absences = 25% reduction; 8 absences = automatic final grade of F.

D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

E. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

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."

I expect that you will have read the Honor Code and that you will abide by its dictates.

Whenever you take a written test or skills test for this class you are under dictates of the Honor Code Any violation of Oxford College's HONOR CODE will not be tolerated. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.

	Course Schedule: A Weekly Breakdown
Week 1 (NP) Aug 30	Intro to PE 110 – Williams Hall 109 Swim Assessment - Pool
Week 2 Sept 4, 6	Use of swim equipment Introduction of floats & front crawl stroke
Week 3 Sept 11, 13	Front crawl breathing patterns – rotary breathing Introduction to back crawl stroke
Week 4 Sept 18, 20	Introduction to treading water Review front crawl & back crawl
Week 5 Sept 25, 27	Review front crawl & back crawl Timed swim – 50m Fr & 50m Bk
Week 6 Oct 2, 4	Introduction to whip kick on the back Teach elementary backstroke
Week 7 (NP) Oct 9, 11	Fall Break – October 8 & 9 Safety around the water (handout) & review for midterm
Week 8 Oct 16, 18	Midterm Introduction to open turns and flip turns
Week 9 Oct 23, 25	Practice: front crawl, back crawl, elementary back stroke
Week 10 Oct 30, Nov 1	Timed Swim – 50m Fr & 50m Bk Introduction to sidestroke & breaststroke
Week 11 Nov 6, 8	Teach surface dives & diving Introduction to Butterfly
Week 12 Nov 13, 15	Introduction to Individual Medley Drill work & endurance
Week 13 (NP) Nov 20, 22	Review all strokes Thanksgiving Break – Nov 21-23
Week 14 Nov 27, 29	Review all strokes Drill work & endurance
Week 15 (NP) Dec 4, 6	Timed Swim – 50m Fr & 50m Bk Final

*syllabus and course outline subject to change.