

F 2000

PE 111 ADVANCED BEGINNING SWIMMING

LOCATION: Swimming Pool
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** S Gym Trailer RM 3
SECTION: 930J
DAY/TIME: TUES/THURS: 9:30 AM - 10:45 AM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 10:00 - 11:00 AM;
Tuesday/Thursday: 1:00 - 2:30 PM

COURSE OBJECTIVES:

1. Acquire basic techniques of advanced beginning swimming, which include the front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke.
2. Develop drownproofing techniques which will allow you to survive for extended periods of time in water.
3. Acquire general and emergency water safety skills.
4. Improve different strokes techniques which will promote enjoyment of water activities and enhance lifetime fitness.

GRADING SCALES:

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

COURSE OUTLINE:

A. INTRODUCTION:

B. AQUATICS SAFETY:

C. BASIC SKILLS:

1. Front Crawl (freestyle).
2. Back Crawl (backstroke).
3. Elementary Backstroke.
4. Breaststroke.
5. Sidestroke.
6. Drownproofing Techniques:
 - a. Efficiency Test: Survival swim/float; front & back somersaults; retrieval of brick from bottom of the pool (7 foot depth); underwater swim; treading water.
 - b. Clad swim.
 - c. Bobbing/20 breaths test .
7. Fitness Swim:
 - a. 12 MIN Swim Test.

EMORY UNIVERSITY



050000003829

EXAMINATION:

1. **Written Exams [30%]**
 - a. first written test 15%
 - b. second written test 15%
2. **Strokes Skill Test (final) [20%]** 20%
3. **12 minute Fitness Swim Test [10%]** 10%
4. **Drownproofing [40%]**
 - a. efficiency test 15%
 - b. clad swim 15%
 - c. bobbing/20 breaths test 10%

TEXT BOOKS:

American Red Cross: Swimming & Diving by Mosby Lifeline

ATTENDANCE:

1. A maximum of two absences will be allowed without penalty for the semester.
2. Three (3) points will be deducted from the final grade on each absence thereafter.
3. A total of four (4) bonus points will be added to the final grade for student who does not miss any classes during the semester; two (2) points will be given to those who miss one class.
4. Three (3) late arrivals to the class constitute an absence.
5. If you are unable to participate in the class, it is recommended and strongly encouraged that you observe the class. A maximum of 2 class observations will be allowed in a semester. Any more observations thereafter will be considered an absence.

RISK AWARENESS STATEMENT:

1. Read and understand before signing.
2. If you have any conditions which would limit your participation to fulfill the course requirements, then the following steps need your attention:
 - a. Have your physician state the nature of your limitation(s) in writing.
 - b. Have your physician make suggestions of activities in writing so that you can fulfill the course requirements.

STUDENT HONOR CODE:

It is the student responsibility to uphold the honor code as described in the Oxford College's catalog.

FALL 2000 PE 111: 930J [TT] CLASS CALENDER

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	THURS	8/31	INTRODUCTION	
2	TUES	9/5	FRONT CRAWL •BALANCING WITH HANDS ON SIDE •BALANCING WITH ONE ARM EXT •BALANCING (BHOS) & KICK ON SIDE •BALANCING (AEXT) & KICK ON SIDE	
	THURS	9/7	FRONT CRAWL WITH AND WITHOUT KICK BOARD: •BOTH HANDS IN FRONT •ONE HAND ON BREATHING SIDE •SIDE KICKING •ONE ARM FREESTYLE •CATCH-UP FREESTYLE BACK CRAWL •SUPINE FLOAT: BALANCING •SUPINE KICK: BOTH HANDS ON SIDE, & ONE ARM EXTENDED •SIDE KICK: BOTH HANDS ON SIDE, & ONE ARM EXTENDED	
3	TUES	9/12	BACK CRAWL	
	THURS	9/14	REVIEW & INTERVAL SWIM: FR & BK BREASTSTROKE • PRONE BREAST KICK • SUPINE BREAST KICK • VERTICAL BREAST KICK AGAINST WALL • TREADING WATER:EGG BEATER KICK	
4	TUES	9/19	BREASTSTROKE • ARM SCULLING • 1 PULL/2 KICK DRILL • 2 PULL/1 KICK • BREATHING & TIMING	
	THURS	9/21	ELEMENTARY BACKSTROKE • SUPINE BREAST KICK • ARM PULL & RECOVERY ELEMENTARY BACKSTROKE • BREATHING & TIMING • BALANCING & GLIDING	

5	TUES	9/26	SIDESTROKE • PULL PATTERN: LEADING & TRAILING ARMS • KICK PATTERN: SCISSORS KICK ASEP: WATCH ARC VIDEO
	THURS	9/28	
6	TUES	10/3	SIDESTROKE • BREATHING & TIMING REVIEW ALL STROKES CLAD SWIM/SURVIVAL FLOAT/SWIM PRACTICE CLAD: INFLATING SHIRT
	THURS	10/5	
7	TUES	10/10	REVIEW FOR MID-TERM
	THURS	10/12	MID-TERM EXAM [CH 1,2,4,5,6]
8	TUES	10/17	MIDSEMESTER BREAK
	THURS	10/19	PRACTICE CLAD: INFLATING PANTS
9	TUES	10/24	CLAD SWIM & EFFICIENCY/BOBBING
	THURS	10/26	EFFICIENCY SKILLS
10	TUES	10/31	EFFICIENCY SKILLS/BOBBING
	THURS	11/2	CLAD/EFFICIENCY/BOBBING TEST
11	TUES	11/7	FITNESS SWIM: INTERVAL TRAINING
	THURS	11/9	FITNESS SWIM: FARTLEK TRAINING
12	TUES	11/14	FITNESS SWIM: DISTANCE TRAINING
	THURS	11/16	FITNESS SWIM: SPRINT TRAINING
13	TUES	11/21	12 MIN SWIM TEST
	THURS	11/23	THANKSGIVING HOLIDAY
14	TUES	11/28	REVIEW STROKES/STROKE IMPROVEMENT
	THURS	11/30	REVIEW STROKES/STROKE IMPROVEMENT
15	TUES	12/5	STROKE TEST
	THURS	12/7	REVIEW FOR FINAL
16	TUES	12/12	FINAL WRITTEN EXAM [CH 9-13]