

Instructor: Dr. Jasmin Hutchinson

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Office: Williams Gymnasium, Oxford College **Phone:** 770-784-8309

Office Hours: M,W,F 10-10:30am. T,Th 10:30-11:30am and other times by appt.

Catalog Description:

Basic physiological principles for the development of cardiovascular fitness, flexibility, muscular strength, and endurance. Includes individualized rigorous swimming and conditioning program.

Course Objectives:

- To develop specific fitness components through improved stroke technique and lap swimming
- To develop, improve and/or maintain cardiovascular and muscular endurance
- To enhance practical and cognitive knowledge of swimming
- To establish an individual and enjoyable physical activity program that may be maintained throughout life
- Related topics will include nutrition, body composition, muscular endurance and strength, weight management, and physiological/psychological benefits of swimming

**** Prerequisite:**

Students should have a well-developed freestyle stroke with rhythmic breathing and an understanding of the backstroke and/or breaststroke.

Minimum Standard of Proficiency

A 12-minute prerequisite swim will be administered to evaluate student's ability. Students must be able to complete 350 yards in this time frame.

Course Text:

Fit & Well. Core Concepts and Labs in Physical Fitness: Thomas Fahey, Paul M. Insel & Walter T. Roth. Mayfield Publishers. 6th edition.

Class Participation and Contribution:

- In order to pass this course you must actively participate and contribute during each class meeting. Missing more than three classes will result in a 5-point reduction in your grade **per additional absence**. If you believe you have justification for an absence to be excluded you must discuss this with me in person.
- I will take attendance at the beginning of class. ***You are expected to be on the pool deck in swimming attire ready to participate at the start of class time.*** Lateness will not be tolerated. Three late arrivals (not in class within 5 min of the start time) will be equivalent to one absence.
- Come to class!! Even if you do not feel well enough to participate there are other ways you can contribute so that your grade will not be penalized.
- There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

Dress Code:

Bathing suits and goggles are required. Street shoes are not allowed on the pool deck. Failure to wear required attire will result in an absence. Please, NO cell phones or pagers in class.

Course Outline: See calendar.

****Note:** schedule changes and important updates will be posted on your LearnLink conference for this class. You are responsible for all changes posted to the conference.

Methods of Evaluation:

Exam 1 = 20%

Mile swim = 10%

Exam 2 = 20%

Participation = 25%

Homework assignments = 15% Fitness Improvement = 10%*

*Note: Fitness improvement will be based on a pre/post swim test. Points will be assigned as follows: Positive change = 10 points, No change = 5 points, Negative change = 0 points

Grading Scale:

100-93%	A	79-77%	C+
92-90%	A-	76-73%	C
89-87%	B+	72-70%	C-
86-83%	B	69-60%	D
82-80%	B-	< 60%	F

Reasonable accommodation for students with disabilities:

If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, 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 students responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process.

Physical activities for this class may include vigorous movement. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform me 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.

The Emory College Student Honor Code

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. Please see <http://www.college.emory.edu/students/honor.html>

Grade Appeal Process

If you wish to contest the final grade you receive in this class you are to put your request to me in writing within 5 days of final grades being posted. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

PE 103 Fitness Swimming

Course Calendar

AUGUST	
TH 31	Syllabus and course introduction
SEPTEMBER	
TU 5	12 min fitness test
TH 7	Pool
TU 14	Workout design lecture
TH 19	Pool
TU 21	Chapter 1 & 2 lecture
TH 23	Pool
TU 26	Strokes video & Pool
TH 28	Pool
OCTOBER	
TU 3**	Chapter 3, 4, 5 lecture
TH 5	Pool
TU 10	<i>Fall break – No class</i>
TH 12	Pool
TU 17	Midterm review & Pool
TH 19	MIDTERM EXAM
TU 24	Chapter 6, 7, 9 lecture
TH 26	Pool
TU 31	Alternate activity and body composition
NOVEMBER	
TH 2	Pool
TU 7	Chapter 8 & Pool
TH 9	Pool
TU 14	Chapter 10 & Pool
TH 16	Alternate activity and Stress management
TU 21	Chapter 11 & Pool
TH 23	<i>Thanksgiving – No class</i>
TU 28	Final exam review & Pool
TH 30	Mile swim test
DECEMBER	
TU 5	Pool
TH 7	12 min fitness test
TU 12	FINAL EXAM

All dates and activities are subject to change. Instructor will give proper notice of such change(s).

** Dr. Hutchinson back from maternity leave