

PE 112 – Fitness Swimming/Cardio Core
T/H 11:50 – 1:05
Fall 2017

Instructor: Tiara DeLapp
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Office: Pool
Hours: By Appointment

Class Description:

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).

General Course Objective: For students who are not afraid of deep water and development of stroke mechanics and personal water safety skills.

Course Objectives:

1. Students will demonstrate proper technique and mechanics to swim the following strokes:
 - a. Front Crawl
 - b. Back Crawl
 - c. Elementary Back Stroke
 - d. Breast Stroke
 - e. Side Stroke
2. Students will develop an understanding of how the body reacts in water. This will include:
 - a. Body floatation on the front and back
 - b. Body movement forward
 - c. Body movement backward
 - d. Body movement underwater
3. Students will realize the enjoyment of water through water activities.
4. Through the development of swimming strokes and skills the students swimming endurance and speed will improve.

Evaluation:

Grading Scale:	90% - 100% = A
	80% - 89% = B
	70% - 79% = C
	60% - 69% = D
	< 60% = F

<u>ASSIGNMENT</u>	<u>POINTS</u>	<u>% OF GRADE</u>
SMART Writing Assignment	20	13.3
Pre and Post assessment	40	26.6
Final Exam	40	26.6
Timed Swim & Improvement	30	20
Class Participation	20	13.3
TOTAL	150	100

Text: There is no text for this class. Resource materials will be given out in class and/or posted in Canvas.

Attire: Students are expected to be prepared to enter the water each day.

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class.

CHL 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 Aug 24	Intro to PE 110 – Williams Hall 105 Swim Evaluation - Pool
Week 2 Aug 29, 31	Pool
Week 3 Sept 5, 7	Pool
Week 4 Sept 12, 14	Pool Alternative Assignment
Week 5 Sept 19, 21	Pool Timed swim – 200m Fr & 200m Bk
Week 6 Sept 26, 28	Pool
Week 7 Oct 3, 5	Pool Safety around the water (handout) & review for midterm
Week 8 Oct 10, 12	Pool
Week 9 Oct 17, 19	Pool
Week 10 Oct 24, 26	Timed Swim – 200m Fr & 200m Bk Pool
Week 11 Oct 31, Nov 2	Pool
Week 12 Nov 7, 9	Pool
Week 13 Nov 14, 16	Pool
Week 14 Nov 21, 23	Lecture & Handout – Interval Training- Assign students to write a workout Nov 23: Thanksgiving – No Class
Week 15	Timed Swim – 200m Fr & 2000m Bk

Nov 28, 30	Alternative Class – work on final
Week 16 Dec 5	Final

**syllabus and course outline is subject to change.