

PE 111 Advanced Beginning Swimming

Spring 2003

Location: Swimming Pool
Instructor: Carla Chelko
Phone: Office: (404) 727-5475
Home: (678) 380-1388
Office: Faculty Suite Williams Gymnasium
Office Hours: M/W - 12:00-12:45pm T/TH - 1:30-2:15pm.

Course Objectives:

- 1) Acquire basic techniques of advanced beginning swimming skills.
- 2) Develop drown proofing techniques which will allow you to survive for extended periods of time in the water.
- 3) Enhance your physical fitness through aquatic activity.
- 4) Improve strokes which will promote enjoyment of water activities.
- 5) Acquire general knowledge of basic water safety and emergency water safety.

Grading Scale:

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

Course Outline

- A. Aquatic Safety
- B. Basic Skills
 - 1) Front Crawl
 - 2) Back Crawl
 - 3) Elementary Backstroke
 - 4) Side Stroke
 - 5) Breast Stroke
 - 6) Drown proofing Techniques
 - a) Survival Float
 - b) Treading
 - c) Underwater Swim
 - d) Clad Survival Float/Swim
 - e) Bobbing
 - f) Retrieval/Brick/7ft. depth
 - 7) Fitness Swim
 - a) 12 minute swim test
 - b) 20 minute swim test
 - c) Mile swim test

Exams:

- | | | | |
|----|-------------------------|-----|-------|
| 1. | Written Exams (20%) | | |
| | a) 1 st Exam | 10% | |
| | b) 2 nd Exam | 10% | |
| 2. | Strokes Skill Test | 20% | =100% |
| 3. | Fitness Test | 20% | |
| 4. | Drown proof | 30% | |
| 5. | Journal's | 10% | |

Text Book: Handouts by instructor

Attendance:

- 1) Maximum of 2 absences without penalty
 - 2) 5 points deducted from final grade on each absence there after - so do not miss more than twice.
- Suggestion: Save your 2 absences for that unexpected happening in life!

Honor Code:

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

**PE 111 ADVANCED BEG. SWIMMING
M/W/F CALENDAR
MS. CARLA CHELKO**

DATES	INSTRUCTION
JANUARY	
Wednesday 15 th	Introduction
Friday 17 th	Lecture/Pool
Monday 20 th	Freestyle & Drills
Wednesday 22 nd	Freestyle & Drills
Friday 24 th	Lecture/Pool
Monday 27 th	Back Crawl & Drills
Wednesday 29 th	Back Crawl & Drills
Friday 31 st	Lecture/Pool
FEBRUARY	
Monday 3 rd	Side Stroke
Wednesday 5 th	Side Stroke
Friday 7 th	Lecture/Pool
Monday 10 th	Breaststroke
Wednesday 12 th	Breaststroke
Friday 14 th	Lecture/Pool
Monday 17 th	Elementary Backstroke
Wednesday 19 th	Survival Skills
Friday 21 st	Lecture/Pool
Monday 24 th	Survival Floating
Wednesday 26 th	Fitness Swim
Friday 28 th	Lecture/Pool
MARCH	
Monday 3 rd	Fitness Swimming, Interval work
Wednesday 5 th	Biathlon
Friday 7 th	Lecture/Pool
Monday 10 th	Spring Break
Wednesday 12 th	Spring Break
Friday 14 th	Spring Break
Monday 17 th	Work toward design workouts
Wednesday 19 th	Design workouts
Friday 21 st	Lecture/Pool
Monday 24 th	Safety Skills
Wednesday 26 th	Safety Skills
Friday 28 th	Lecture/Pool
Monday 31 st	Biathlon
APRIL	
Wednesday 2 nd	Water Games
Friday 4 th	Lecture/Pool
Monday 7 th	Water Polo
Wednesday 9 th	Review Strokes
Friday 11 th	Lecture/Pool
Monday 14 th	30 Minute Fitness Test

Wednesday 16 th	Mile Swim
Friday 18 th	Lecture/Pool
Monday 21 st	Skills Test
Wednesday 23 rd	Skills Test
Friday 25 th	Review
Monday 28th	Final Exam