

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
T/Th CALENDAR
MS. CARLA CHELKO**

DATES	INSTRUCTION
JANUARY	
Thursday - 16 th	Introduction
Tuesday - 21 st	Freestyle & Drills
Thursday - 23 rd	Freestyle & Drills
Tuesday - 28 th	Back Crawl & Drills
Thursday - 30 th	Back Crawl & Drills
FEBRUARY	
Tuesday - 4 th	Side Stroke
Thursday - 6 th	Side Stroke
Tuesday - 11 th	Breaststroke
Thursday - 13 th	Breaststroke
Tuesday - 18 th	Elementary Backstroke
Thursday - 20 th	Survival Skills
Tuesday - 25 th	Survival Floating
Thursday - 27 th	Fitness Swim
MARCH	
Tuesday - 4 th	Fitness Swimming, Interval work
Thursday - 6 th	Biathlon
Tuesday - 11 th	Spring Break
Thursday - 13 th	Spring Break
Tuesday - 18 th	Work toward design workouts
Thursday - 20 th	Design workouts
Tuesday - 25 th	Safety Skills
Thursday - 27 th	Safety Skills
APRIL	
Tuesday - 1 st	Biathlon
Thursday - 3 rd	Water Games
Tuesday - 8 th	Water Polo
Thursday - 10 th	Review Strokes
Tuesday - 15 th	30 Minute Fitness Test
Thursday - 17 th	Mile Swim
Tuesday - 22 nd	Skills Test
Thursday - 24 th	Skills Test
Tuesday - 29th	Final Exam