

**PE 111 Advanced Beginning Swimming  
Fall 2012**

**Tues / Thur 10:00am – 11:15am      Tues / Thur 11:50am – 1:05pm**

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**Instructor:** Cecilia Rucker “Coach C”

**E-mail:** Cecilia.rucker@emory.edu

**Office:** Williams Gymnasium office      **Phone: 678-464-2753 (C) 770-784-8354(O)**

**Office Hours:** M/W 10:30-11:30    T/TH 1:30-2:20 **and by appointment**

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**Physical activities for this class include vigorous movement.** Whenever there is a medical condition that would cause you undue risk or prevent your full participation in this class, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX a letter stating what you cannot do and her/his recommendations for physical activities you can use to achieve the goals of this course.

*Student work submitted as part of this course may be reviewed by Oxford College and Emory College faculty and staff for the purposes of improving instruction and enhancing Emory education.*

**Class Description:** Develops the advanced beginner swimmer's (one who is not afraid of water, but is not comfortable in deep water) skills in basic strokes and personal safety. In water safety and survival are emphasized.

**Course Objectives:** The purpose of this class is to introduce, discuss, demonstrate and participate in intermediate swimming activities and techniques. The students will be able to perform specific proficiencies of aquatic survival as well as have a greater understanding of the term aquatics.

**Each student will—**

1. Learn and apply hydrodynamic principles.
2. Develop a relaxed relationship with thirteen-foot deep water.
3. Develop a front & back crawl, elementary backstroke, breast stroke, and elementary side stroke effective in thirteen- foot water.
4. Develop a relaxed survival float/stroke effective in thirteen- foot water.

**Text:** There is **no text** for this class. Printed materials will be provided as needed

**Course Activities:**

Breath control, bobbing, front and back flips, treading water, front/back crawl stroke, elementary backstroke, jumping into 13' foot depth from deck, 30 minute survival stroke. There will also be some "discovery" sessions, which will allow students to explore other aquatic activities such as scuba, aerobics, and kayaking.

**Dress Code:** Bathing suits and **goggles** are **required**. Shorts and cut offs are not permitted. You may wear additional clothing over your bathing suit if you wish. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in an absence.

**Class Participation and Contribution:**

In order to pass this course you must actively participate and contribute during each class meeting. Skills are taught to the group as a whole, but I work individually or in small groups to help students learn the correct form or technique that will work for them. When I am working with other students I encourage you to be practicing the skills on which you need most practice. I also expect you to encourage and help each other. Each of you will learn at a different rate. Once you have mastered a skill, I expect you to help others learn it. Your grade is dependent on both attendance and the quality of your participation during class.

**Come to class!!!** Even if you do not feel well enough to participate you can contribute so that your grade will not be penalized. You should take notes and make suggestions that would be helpful to your classmates. 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.

It is expected that you arrive for class **on time**. Every third time you are late (not in class when I begin calling roll) you will be penalized an absence). You are expected to be on the pool deck in swimming attire ready to participate at the start of class time. If you are late, you must remind me when we are both out of the water at the end of class to change your absence symbol to a late symbol. If you do not do so, **you will be considered absent even if you were in class**.

*Do not anticipate trouble, or worry about what may never happen.  
Keep in the sunlight. Benjamin Franklin*

## Course Content:

**Strokes:** (25 yards – one full length of the pool for each stroke)

1. front crawl
2. back crawl
3. breast stroke
4. elementary backstroke
5. sidestroke

## Drownproofing techniques and tools:

1. Bobbing test--5 minutes bob/feet flat on bottom of pool in water one foot deeper than individual's height (hands behind back)
2. Flips – must be done in pairs (front/back or back/front); hips must pass directly overhead; must finish facing the same direction of start.
3. Efficiency test (45 minutes)
  - a. dive or jump into 13 foot depth
  - b. primarily survival swim/float (little or no treading) plus
  - c. four (4) sets of front and back somersault at student's discretion;
  - d. then retrieve brick from bottom (8 foot depth);
  - e. then rest in survival float until ready for underwater swim (can touch deep end wall with feet and push off to swim completely submerged until entire length of body is beyond center line);
  - f. finish test by swimming any stroke until touch shallow end wall.\*\*\*May not swim to shallow end until after 40 minutes are complete.
4. Clad swim--30 minutes fully clothed (long pants, long-sleeved shirt); inflate pants or shirt and use as flotation

<b>Evaluation:</b>	<b>1000 possible points</b>
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Homework:	100 pts.	(10%)
Journal / Personal Evaluation:	100 pts.	(10%)
Pop quizzes:	100 pts.	(10%)
Skills tests:	700 pts.	<u>(70%)</u> 100%

<b>Grading Scale:</b>	<b>90% - 100% (900-1000) pts = A</b>
	<b>80% - 89% (800-899) pts = B</b>
	<b>70% - 79% (700-799) pts = C</b>
	<b>60% - 69% (600-699) pts = D</b>
	<b>&lt; 60% (0-599) pts = F</b>

**Homework - Ten** 20 minute minimum sessions, spread across the semester

- ✓ Homework report sheets are located by the pool and should be turned in to the lifeguard on duty at the time of your practice.
- ✓ Make sure you complete the sheet in its entirety. If any portion is left blank, it will result in an incomplete practice and points will be deducted.
- ✓ No more than three practices may be turned in during any **ONE week for a grade, HOWEVER** I would be thrilled for you to practice every day if you feel encouraged to do so.
  - Note – only one session can be earned in one day. Doing 40 minutes in one pool session does = 2 sessions.
- ✓ Completed homework/practice sheets are to be left in the "**PE 120 – Coach RUCKER**" folder just behind the blank practice sheet folder by the pool. Sheets will be collected each Tuesday and Thursday prior to class.
- ✓ **NEW and EXCITING news!!**

There are several **student mentors, including lifeguards and previous students** who overcame numerous obstacles and completed the class with an "**A**". They can be extremely valuable tools for you to use especially when you are struggling or having difficulty with a skill. They understand exactly what you are experiencing and can offer tips and techniques that are specific to **YOU**.

## **Personal Evaluation**

1. Your personal evaluation is a “report” of your progress, problems, achievements and accomplishments during the course of this class.  
**Suggestion:** Keep a weekly journal and write your personal evaluation based on your journal. Names of classmates who have been helpful during class, when the “light came on”, what technique worked for you and which did not.
2. What you have learned **about yourself** during this class (NOT the swimming skills you have learned). Be real!! This is YOUR evaluation!
3. I would prefer the report to be type written, but can be neatly hand – written. A page or two is appropriate.

Pop Quizzes – Occasionally during the semester there will be unannounced written “pop quizzes” over information I have talked about either in the classroom or in the water. The quizzes may also cover material I have distributed in class handouts. When you miss a quiz because you are absent, you may make it up **IF** you have made that arrangement with me prior to your absence.

## **Swimming Skill Tests:**

- Each test must be completed **to my satisfaction** before any points are awarded. You may very likely be asked to perform more than once to ensure mastery on from my perspective.
- The composition and pace of each class determine due dates for all skills tests. Skills test dates will be announced one week in advance of the test.
- Tests (except bobbing) are to be completed beyond the center halfway line of the pool, inside the second and fourth lane lines, and inside the 13' hash marks for full points.

### **Bobbing Test (50 points)**

With hands behind back bob in 7ft depth for 5 min

### **Survival Float/Stroke Test (50 points)**

Do the survival float or survival stroke in a very relaxed manner spending only brief moments with your face above the surface of the water.

### **Strokes Test (100 points total)**

Starting at the shallow end, swim to the north end of the pool (25 yards) demonstrating the proper form of each stroke.

1. front crawl - 20 points
2. back crawl – 20 points
3. breast stroke – 20 points
4. elementary backstroke – 20 points
5. sidestroke – 20 points

**Front and Back flips (100 points)**

- Perform a front flip and a back flip in 13 ft of water

**Treading water (100 points)**

- Tread water for two minutes in 13 ft of water

## **Efficiency Test (300)**

**AFTER YOU HAVE COMPLETED ALL OF THE TESTS ABOVE 3 TIMES, YOU MUST COMPLETE THE EFFICIENCY TEST AS DESCRIBED BELOW:**

1. ENTER THE WATER BY JUMPING INTO THE POOL FROM THE MIDDLE OF THE SOUTH END OF THE POOL. REMAIN IN THE AREA BOUNDED BY LANE LINES ONE AND SIX, THE DEEP END FLAGS AND THE CENTER LINE for **45 MINUTES**.
2. DURING THAT TIME YOU ARE EXPECTED TO DEMONSTRATE THAT YOU ARE COMPLETELY RELAXED WHILE DOING:
  - a. FLIPS (4 sets)
  - b. TREADING WATER
  - c. ELEMENTARY BACKSTROKE
  - d. FRONT CRAWL STROKE
  - e. YOU WILL SPEND THE BULK OF YOUR TIME DOING THE SURVIVAL STROKE/FLOAT.
  - f. ONCE 40 MINUTES HAVE ENDED, SWIM TO THE SHALLOW END OF THE POOL.

YOU CAN EARN AN **A IN THIS CLASS ONLY WHEN YOU HAVE COMPLETED EVERY INDIVIDUAL SKILL, THE EFFICIENCY TEST** AND YOU HAVE ALSO CONVINCED ME THAT YOU ARE COMPLETELY RELAXED IN THE DEEP WATER. **YOU ARE ALLOWED REPEAT WATER TESTS IF/AS NEEDED.**

**\*\*\* All written tests must be taken on the scheduled test day. LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with me to turn in the assignment or take the test before the day that will be missed, **if I deem such arrangements acceptable.**

**Religious holidays** approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and **in advance** of the holiday.

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. *If you have a need to have a cell phone on, please let me know. Otherwise, **if I become aware of the phone, you will be asked to leave class and will receive an absence.***

**Grade Appeal Process**: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. 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.

### Divisional Attendance Policy

#### 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.

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 student's responsibility to initiate considerations; all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770. 784-4722).

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature 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. Students may also contact the Office of Disability Services (404.727-6016).

**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.**

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