

PE 110 BEGINNING SWIMMING

Dr. England, Gym 3, 4-8350

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Fall, 1999

Office Hours: MW 10-11, 1-2

TTH 9-9:30; 1:30-2:30

F 10-11

Course Objectives:

1. learn and demonstrate breath control
2. learn and demonstrate the survival stroke and other aquatic skills
3. learn and demonstrate basic aquatic safety

Class activities may include vigorous exercise. If there is any medical condition which would cause you undue risk or prevent your full participation in such activity, 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, you should have your physician FAX me a letter stating 1) the nature of your limitation(s) and 2) his/her recommendations for physical activities you can use to achieve the objectives of this course as listed above.

Text: There is no text for this course. You will receive xeroxed handouts.

Class Participation: You are expected to be an active participant in each class and to be prepared for class (bathing suit, goggles, towel). If you do not feel well enough to participate in class activity you should attend and take notes and make comments on activities of the day. Turn those notes in to me at the end of that class period.

Grading:

Written work-- All assignments are due at the beginning of class on the due date.

10% One Take-home, Open-book Test

IT IS AN HONOR CODE VIOLATION TO CONSULT WITH ANYONE (DR. ENGLAND EXCEPTED) ABOUT YOUR ANSWERS FOR THESE QUESTIONS. However, you are encouraged to seek help from the Writing Center (or other qualified people) regarding grammar and mechanics, organization, and clarity of your work.

Practical work

90% Skills tests--each test must be successfully completed three times to earn credit; all are performed in deep water

1. bobbing with tread--10%
2. front flip with tread/back flip with tread--10%
3. 1/2 length survival stroke plus 1/2 length elementary back stroke--10%
4. front crawl stroke--10%
5. survival stroke--50%

Absences

If you miss more than 3 classes FOR ANY REASON, five points per overcut will be deducted from your final grade. Exceptions to this policy are very rare and occur only under very unusual circumstances. **THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS EXCEPT UNDER VERY EXCEPTIONAL CIRCUMSTANCES.**

You are responsible for communicating with me as soon as possible if you believe you are an exception.

Extra credit points

Points may be added to your final grade for exceptional demonstration of tennis rules, courtesy and the USTA "Code."

Five points will be added to your final grade if you have NO absences. **THE OXFORD COLLEGE HONOR CODE APPLIES TO ALL WORK FOR THIS CLASS.**

**Oxford College of Emory University
Division of Physical Education and Health**

Class: _____

Instructor: _____

Section: _____

Semester: _____

CLASS POLICIES FOR BEGINNING SWIMMING

I have access to a copy of the course syllabus and have read it. Further, the instructor has explained:

1) the course requirements, 2) the policies on attendance, and 3) the grading policies. I have had an opportunity to ask questions and understand the three areas listed above.

WARNING OF RISK FOR SWIMMING

Every sport has certain inherent risks and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Swimming is a physical activity requiring a certain degree of physical exertion and concentration. Swimming is a reasonably safe sport as long as certain guidelines are followed. Students having a physical condition that precludes such activity should see the instructor before participating.

Many injuries may occur while participating in swimming. Some examples of possible injuries are:

1. muscle sprains and strains
2. joint injuries
3. broken bones
4. heat exhaustion and/or heat stroke
5. ear problems
6. eye injuries
7. cardiovascular incidents
8. allergies
9. drowning

These and other injuries may occur as a result of such hazards as:

1. slipping and falling
2. environmental factors
3. colliding with other people

To help reduce the likelihood of injury to yourself and other students, the following rules need to be followed while in class:

1. walk slowly on the pool deck and in the locker room--these floors are very slippery when wet.
2. use care entering and exiting the water--be considerate of others
3. wear goggles
4. always have a practice partner
5. never enter the pool unless the instructor or a lifeguard is present
6. **ALWAYS** inform the lifeguard that you are a beginner