

PE 103 FITNESS SWIMMING

LOCATION: Swimming Pool & Class Rm. # 8
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** Gym 2
SECTION: 1:00A
DAY/TIME: MON/WED/FRI: 1:00 - 2:00 PM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday: 2:00 - 3:00 PM; Tuesday: 1:00 - 3:00 PM
Thursday: 1:00 -2:00 PM.

COURSE OBJECTIVES:

1. To understand the benefits of swimming.
2. To develop better swimming mechanics for all competitive strokes.
3. To learn the general principles of exercise science concepts upon which the principles of aerobic (cardiovascular endurance) and strength training (muscular strength and endurance) are based.
4. To understand the importance of flexibility (shoulder and ankle), proper nutrition, and body composition in fitness swimming.
5. To develop and maintain a personal lifetime cardiovascular fitness through swimming.

GRADING SCALES:

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

COURSE OUTLINE:

A. INTRODUCTION:

Fitness Assessment: Pre-test and Post-test

1. Heart Rate: resting & target
2. Flexibility Test
3. Sit-ups
4. Step Test

B. LECTURES (25 MIN EACH DAY) FOR THE FOLLOWING AREAS WILL BE COVERED:

1. Cardiovascular Endurance
2. Muscular Strength and Endurance
3. Flexibility
4. Nutrition
5. Body Composition
6. Principles of Training
7. Swimming Workout Zones
8. Setting Up A Fitness Training Program

C. CLASS WORK (25 MIN EACH DAY):

1. Swimming will be the main activity throughout the semester.

EXAMINATION:

1. **Written Exams [40%]**
 - a. MID-TERM EXAM [20%]
 - b. FINAL EXAM [20%]
2. **Fitness Testing [40%]**
 - a. 12 min swim test [20%]
 - b. Using results of the post-test [10%]
better = 100% no change = 75% worst = 50%
 - c. Using the time of 4 test-swim [10%]
4 best = 100% 3 best = 75% 2 best = 50% 1 best = 25%
3. **Non-Class Workouts [10%]**

Each session must be at least 30 minutes of large muscle movement.
Homework is graded weekly; the final homework grade is the average of all weeks, with the lowest grade dropped.
100 = 4/wk ; 90 = 3/wk; 70 = 2/wk; 60 = 1/wk
4. **Paper: Setting Up A Fitness Swimming Program [10%]**

SUGGESTED READING TEXT BOOKS:

Total Fitness: Exercise, Nutrition, and Wellness by Scott Powers and Stephen Dodd.

American Red Cross: Swimming & Diving by Mosby Lifeline.

Fitness Swimming by Emmett W. Hines.

ATTENDANCE:

1. A maximum of three (3) absences will be allowed without penalty for the semester.
2. Three (3) points will be deducted from the final grade on each absence thereafter.
3. A total of five (5) bonus points will be added to the final grade for student who does not miss any classes during the semester; three (3) points will be given to those who missed only one class; and one (1) point will be given to student who missed two classes.
4. Three (3) late arrivals to the class constitute an absence.
5. If you are unable to participate in the class, it is recommended and strongly encouraged that you observe the class. A maximum of 2 class observations will be allowed in a semester. Any more observations thereafter will be considered as absences.

RISK AWARENESS STATEMENT:

1. Read and understand before signing.
2. If you have any conditions which would limit your participation to fulfill the course requirements, then the following steps need your attention:
 - a. Have your physician state the nature of your limitation(s) in writing.
 - b. Have your physician make suggestions of activities in writing so that you can fulfill the course requirements.

FALL 1999

PE 103: 1:00A [MWF]

CLASS CALENDER

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	WED	8/25	INTRODUCTION	
	FRI	8/27	FA: PRE-TEST	
2	MON	8/30	LEC 1: CARDIOVASCULAR ENDURANCE	
			REVIEW FREESTYLE	
	WED	9/1	LEC 1: CARDIOVASCULAR ENDURANCE	
			REVIEW BACKSTROKE	
	FRI	9/3	LEC 1: CARDIOVASCULAR ENDURANCE	
			REVIEW BREASTSTROKE	
3	MON	9/6	LABOR DAY HOLIDAY	
	WED	9/8	LEC 1: CARDIOVASCULAR ENDURANCE	
			SWIM TEST NO. 1	
	FRI	9/10	LEC 2: MUSCULAR STRENGTH & ENDURANCE	
			REVIEW BUTTERFLY	
4	MON	9/13	LEC 2: MUSCULAR STRENGTH & ENDURANCE	
			STROKE IMPROVEMENT	
	WED	9/15	LEC 2: MUSCULAR STRENGTH & ENDURANCE	
			AEROBIC SWIM TRAINING	
	FRI	9/17	LEC 3: NUTRITION	
			AEROBIC THRESHOLD TRAINING	
5	MON	9/20	LEC 3: NUTRITION	
			FARTLEK TRAINING	
	WED	9/22	LEC 3: NUTRITION	
			FARTLEK TRAINING	
	FRI	9/24	PDO: WATCH VIDEO: ALL STROKES	
6	MON	9/27	PDO: WATCH VIDEO: STARTS/TURNS	
	WED	9/29	LEC 4: FLEXIBILITY	
			SWIM TEST NO. 2	
	FRI	10/1	LEC 5: BODY COMPOSITION	
			OVER DISTANCE TRAINING	
7	MON	10/4	REVIEW FOR MID-TERM	
			OVER DISTANCE TRAINING	
	WED	10/6	MID-TERM EXAM [LEC 1 - 5]	
	FRI	10/8	FALL BREAK	
8	MON	10/11	LEC 6: PRINCIPLES OF TRAINING	
			OVER DISTANCE TRAINING	
	WED	10/13	LEC 6: PRINCIPLES OF TRAINING	
			OVER DISTANCE TRAINING	
	FRI	10/15	LEC 6: PRINCIPLES OF TRAINING	
			INTERVAL TRAINING	

9	MON	10/18	LEC 6: PRINCIPLE OF TRAINING INTERVAL TRAINING
	WED	10/20	LEC 6: PRINCIPLES OF TRAINING SWIM TEST NO. 3
	FRI	10/22	LEC 6: PRINCIPLES OF TRAINING ANAEROBIC TRAINING
10	MON	10/25	LEC 7: TRAINING PHASES/ZONES ANAEROBIC THRESHOLD TRAINING
	WED	10/27	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
	FRI	10/29	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
11	MON	11/1	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
	WED	11/3	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
	FRI	11/5	LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING
12	MON	11/8	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
	WED	11/10	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING SWIM TEST NO. 4
	FRI	11/12	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
13	MON	11/15	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
	WED	11/17	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
	FRI	11/19	LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING
14	MON	11/22	12 MIN SWIM TEST
	WED	11/24	THANKSGIVING HOLIDAY
	FRI	11/26	THANKSGIVING HOLIDAY
15	MON	11/29	FA: POST-TEST
	WED	12/1	REVIEW FOR FINAL EXAM/MAKE UP
	FRI	12/3	REVIEW FOR FINAL EXAM
16	MON	12/6	FINAL EXAM [LEC 6 -8]