

THE DIVISION OF PHYSICAL EDUCATION AND DANCE

PREFACE

Oxford College is committed to the liberal arts. The liberal arts curriculum for centuries has included the study of physicality and its relationship to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education an integral part of the curriculum. The study of physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

The courses within the three areas in the Division of Physical Education and Dance emphasize certain elements of physicality with some elements being emphasized more than others. By enrolling in three courses in three different areas students will be exposed to all six elements of physicality to one degree or another.

SUGGESTED EVALUATION CRITERIA FOR ASSIGNING LETTER GRADES TO DIVING SKILLS

LETTER GRADE	DESCRIPTION	INTERPRETATION
A	Excellent	This denotes a skill performance done so well that it could be used for demonstration purposes. It must be done in a very calm, controlled and fluid manner without any problems or difficulties. Anxiety level is low
B	Good	This denotes a skill done with a high degree of competence and Control with a low anxiety level. It should appear natural, though it does not have the same control, fluidity as an "A" letter grade.
C	Average	A performance with no significant problems observed, though it lacks the polished, natural look of a "B" letter grade.
D	Below Average	This denotes a skill, which even though successfully completed, demonstrated significant problems / errors. It may have required repeated attempts, and the anxiety level is usually though not necessarily, high. Students receiving this score should be required to practice and repeat performance at a later time.
F	Unacceptable	This denotes the inability to complete the skill, or performance so poor that competence cannot be inferred. Students receiving this score should be required to practice and repeat performance at a later time.

ATTENDANCE

Each absence will result in a two point penalty from final grade, regardless of the reason. No excused absences.

READING ASSIGNMENTS

- January 14** Pay for class and pick up text books.
- January 21** Module One and complete Knowledge Reviews to be turned in. At end of class a ten question quiz will be given and graded/reviewed the same night
- January 28** Module Two and complete Knowledge Reviews to be turned in. At end of class a ten question quiz will be given and graded/reviewed the same night.
- February 18** Module Three and complete Knowledge Reviews to be turned in. At end of class a ten question quiz will be given and graded /reviewed the same night.
- March 3** Module Four and complete Knowledge Reviews to be turned in. At end of class a ten question quiz will be given and graded/reviewed the same night.
- March 24** Module Five and complete Knowledge Reviews to be turned in. Module five is a review class. There will be no quiz for this class.
- April 21** **Final Exam** / Classroom All test will be graded and reviewed same night.

Note: The Honor Code is not taken lightly during the class. You are expected to conduct yourself accordingly regarding homework, quizzes and the final exam.

POOL SESSIONS

- February 4** First pool session, will need Mask, Fins, Snorkel and Booties which are required for class. We will be swimming 200 yards , Treading water for Ten minutes and learning proper snorkeling and proper weighting for class. (Pool start time 6:pm)
- February 11** In this session we will be using scuba gear for the first time. We will be covering water skills outlined in Module One of the text and video.(Pool start time 6:pm)
- February 25** In this session we will cover water skills outlined in Module Two of the text and video. (Pool start time 6:pm)
- March 17** In this session we will cover water skills outlined in Module Three of the text and video. (Pool start time 6:pm)
- March 31** In this session we will cover water skills outlined in Module Four of the text and video. (Pool start time 6:pm)
- April 7** Review for pool final. I want everyone to do well on their final so we will go over each skill required on the pool final to make sure your ready.
- April 14** **Pool Final** , Skills required will be as follows: Mask removal and replacement, Regulator recovery and clear, Free flow breathing, Alternate air source use with buddy, Emergency ascent.

Special Note: Anyone needing help with any pool skills or classrooms work please feel free to contact me at 770-918-8818 or ultadv@mindspring.com . I will do everything I can to work you into a special pool session or classroom if need be to get your skills up to the level required to pass. Web Page www.divingadventure.com

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"SCUBA DIVING"

Introduction

The PADI Open Water Diver Class is divided into three parts: Classroom, Confined Water and Four actual Open Water Dives with a qualified PADI instructor. Each part is fun and ensures that you learn what you need to enjoy diving to the fullest. (Text Used: PADI Open Water Manual)

A complete modular program of classroom, pool sessions will train you to have fun while being a safe diver. You will become comfortable entering the underwater world with the knowledge you receive in this class..

The class will take you through the classroom portion and confined water (pool) sessions. After completing the course you will receive college credit. Completing this class for college credit will not entitle the student to a complete PADI certification. It will, however, take the student to the point of the open water check-out dives which are required by PADI for certification. This trip will be scheduled for a date after school has ended. The trip will be optional. Cost for this trip will be determined at a later date.

Materials

Classroom

- (a) Textbook
- (b) Dive Tables
- (c) Writing materials

Note: Textbook will be purchased from the instructor.(**The PADI Open Water Text Book**)

Pool

- (a) Bathing Suit
- (b) T-shirt
- (c) Towel
- (d) Dry clothing
- (e) Mask, Fins, Snorkel
- (f) Swim goggles suggested but not required.

Grading overview as follows:

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|----------------|----------|
| 1) Homework | 2%x5=10% |
| 2) Quizzes | 5%x4=20% |
| 3) Pool Skills | 30% |
| 4) Final | 40% |

Students must make a score of 75% or better on all quizzes and exams. If a score is less than 75% on a quiz then a make-up quiz or exam will be allowed. Note that the first grade will be entered as your grade for the quiz or exam. However, PADI requires a passing grade on all quizzes and finals before a referral letter or open water check-out can be given to the student.