

*This syllabus is a replacement for the original. Although the dates are different, the readings and graded assignments are identical.*

PE 103 Fitness Swimming

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**Instructor:** Dr. Jasmin Hutchinson

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**Office:** Williams Gymnasium, Oxford College

**Phone:** 770-784-8309

**Office Hours:** M, T, W, Th. 1:30-2:30

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**Catalog Description:**

Basic physiological principles for the development of cardiovascular fitness, flexibility, muscular strength, and endurance. Includes individualized rigorous swimming and conditioning program.

**Course Objectives:**

- To develop specific fitness components through improved stroke technique and lap swimming
- To develop, improve and/or maintain cardiovascular and muscular endurance
- To enhance practical and cognitive knowledge of swimming
- To establish an individual and enjoyable physical activity program that may be maintained throughout life
- Related topics will include nutrition, body composition, muscular endurance and strength, weight management, and physiological/psychological benefits of swimming

**Prerequisite:**

Students should have a well-developed freestyle stroke with rhythmic breathing and an understanding of the backstroke and/or breaststroke.

**Minimum Standard of Proficiency**

A 12-minute prerequisite swim will be administered to evaluate student's ability. Students must be able to complete 350 yards in this time frame.

**Course Text:**

There is no required text for this course. The following text is available on reserve in the library: *Fit & Well. Core Concepts and Labs in Physical Fitness:* Thomas Fahey, Paul M. Insel & Walter T. Roth. Mayfield Publishers. 6<sup>th</sup> edition.

**Class Participation and Contribution:**

- In order to pass this course you must actively participate and contribute during each class meeting. Missing more than three classes will result in a 5-point reduction in your grade **per additional absence**. If you believe you have justification for an absence to be excluded you must discuss this with me in person.
- I will take attendance at the beginning of class. ***You are expected to be on the pool deck in swimming attire ready to participate at the start of class time.*** Lateness will not be tolerated. Three late arrivals (not in class within 5 min of the start time) will be equivalent to one absence.
- Come to class!! Even if you do not feel well enough to participate there are other ways you can contribute so that your grade will not be penalized.
- 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.

## PE 103 Fitness Swimming

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### **Dress Code:**

Bathing suits and goggles are required. Street shoes are not allowed on the pool deck. Failure to wear required attire will result in an absence. Please, NO cell phones or pagers in class.

### **Course Outline:** See calendar.

**\*\*Note:** schedule changes and important updates will be posted on your LearnLink conference for this class. You are responsible for all changes posted to the conference.

### **Methods of Evaluation:**

Exam 1 = 20%

Mile swim = 10%

Exam 2 = 20%

Participation = 25%

Homework assignments = 15% Fitness Improvement = 10%\*

\*Fitness improvement will be based on a pre/post swim test. Points will be assigned as follows:  
Positive change = 10 points, No change = 5 points, Negative change = 0 points

### **Grading Scale:**

100-93%	<b>A</b>	79-77%	<b>C+</b>
92-90%	<b>A-</b>	76-73%	<b>C</b>
89-87%	<b>B+</b>	72-70%	<b>C-</b>
86-83%	<b>B</b>	69-60%	<b>D</b>
82-80%	<b>B-</b>	< 60%	<b>F</b>

### **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 students responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process.

Physical activities for this class may include vigorous movement. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform me 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.

### **The Emory College Student Honor Code**

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

### **Grade Appeal Process**

If you wish to contest the final grade you receive in this class you are to put your request to me in writing within 5 days of final grades being posted. 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.

# PE 103 Fitness Swimming

## Course Calendar

<b>AUGUST</b>	
TH 30	Syllabus and course introduction <b>12 min fitness test</b>
<b>SEPTEMBER</b>	
TU 4	Lecture 1 & Pool
TH 6	Pool
TU 11	Lecture 2 & 3
TH 13	Pool
TU 18	Pool
TH 20	Pool
TU 25	Lecture 4 & 5 (no activity) <b>Workout design due</b>
TH 27	Pool
<b>OCTOBER</b>	
TU 2	Pool
TH 4	Solo workouts
TU 9	<b><i>Fall Break – No class</i></b>
TH 11	Pool
TU 16	Lecture 6 & Midterm review
TH 18	<b>MIDTERM EXAM</b>
TU 23	Pool
TH 25	Solo workouts
TU 30	Pool
<b>NOVEMBER</b>	
TH 1	Pool
TU 6	Lecture 7 & 8 (no activity)
TH 8	Pool
TU 13	Pool
TH 15	Pool
TU 20	Pool
TH 22	<b><i>Thanksgiving – No class</i></b>
TU 27	Lecture 9 & Final exam review
TH 29	Pool
<b>DECEMBER</b>	
TU 4	<b>Fitness testing</b>
TH 6	<b>Fitness testing</b>
TU 11	<b>FINAL EXAM</b>

All dates and activities are subject to change. Instructor will give proper notice of such change(s).