

PE 112 Intermediate Swimming  
Course Syllabus – Fall 2004

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**Office:** Faculty Suite, Williams Gymnasium      **Phone:** 770-784-8309  
**Office Hours:** M&W 3:30-5pm, T& Th 11am-12pm, Fri 9-10am, other times by appt.

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**Course Objectives:**

1. Develop drownproofing techniques which will allow you to survive for extended periods of time in the water
2. Acquire general knowledge of basic water safety and emergency water safety
3. Acquire general knowledge of hydrodynamic principles
4. Swimming stroke refinement

**Course Text:**

There is no text for this course. Resource material will be given out in class.

**Class Participation and Contribution:**

- In order to pass this course you must actively participate and contribute during each class meeting. Missing more than two (M/W or T/Th) or three (M,W,F) 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 10 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. \*\*If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services (Cathi Wentworth)
- 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 unusual circumstance.

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**Dress Code:**

Bathing suits and goggles are required. Shorts and cut offs are not permitted. Students may wear additional clothing over the bathing suits if they wish. 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.

**Important Dates:**

Aug 31<sup>st</sup> - Last day for changing courses

September 29<sup>th</sup> – Last day to drop a course without academic penalty

**Course Outline:**

See calendar.

\* The first class meeting will be in the pool where you will redo your placement test!

**Methods of Evaluation:**

Written tests = 15%

Group Presentation = 10%

Journal = 5%

Skills = 70%

**Written tests:**

3 quizzes (5 points each) on topics covered in class.

Quiz 1 = Hydrodynamics; Quiz 2 = Water safety and rescue; Quiz 3 = Stroke mechanics

**Group presentation:**

In small groups (3-5 students) present a water safety topic to the class. Topics are to be decided at the beginning of the semester during class time.

**Journal:**

Turn in a 5-10 page journal of your thoughts/reflections on your experiences in this class, and a record of class activities. Be as creative as you like!

**Skills Tests:**

▪ **Efficiency test (20 points)**

The test is to be done twice: (1) using legs only (hands behind back), and (2) using arms only (legs together). For the efficiency test students must use at least 30 minutes to do the skills listed in the following order:

- a. Jump into 13ft depth from the side of the pool
- b. Demonstrate a front flip and a back flip
- c. Use the remaining time doing the survival float/stroke
- d. When 30 minutes are up push off the deep end of the pool and swim a prescribed distance underwater

▪ **Clad swim (10 points)**

Students must wear long sleeved shirts and long pants and demonstrate the following:

- a. 15 min elementary backstroke or elementary sidestroke
- b. Use shirt as a flotation device for 5 min
- c. 15 min survival stroke

▪ **Underwater Swim (5 points)**

Begin at the deep end and swim a prescribed distance completely underwater

▪ **Bobbing Test (10 points)**

With hands behind back and legs together bob in 7ft depth for 5 min, then demonstrate a front flip and back flip

▪ **Brick Retrieval Test (5 points)**

Swim 20 yards, retrieve brick from 8ft depth, and swim back 20 yards with the brick

▪ **20 Breaths Test (10 points)**

With hands behind back in 13ft depth float vertically until 20 breaths have been taken

▪ **Strokes Test (10 points)**

Students must demonstrate competence and relaxation in the following strokes:

- a. Elementary backstroke
- b. Sidestroke
- c. Front crawl
- d. Breaststroke

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**Grading Scale:** *No plus or minus scale!*

A = 90-100

B = 80-89

C = 70-79

D= 60-69

F < 60

**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.

**Reminder:**

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 30 recommendations that would help you meet the requirements of the course. There are NO Physical Education Waivers

**The Oxford College Student 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.

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**Calendar**

Week 1	8/25	Introduction. What is drownproofing? *	C
Week 2	8/30	Swim Placement Test	P
	9/1	Hydrodynamics. Drownproofing *	C
Week 3	9/6	<i>LABOR DAY – no class</i>	-
	9/8	Buoyancy and floating. Resistance and inertia. Survival float and survival stroke	P
Week 4	9/13	<b>Quiz 1!</b> Basic aquatic skills *	C
	9/15	Treading water. Bobbing and breath control	P
Week 5	9/20	Sculling, turning over, changing directions. <b>Bobbing Test</b>	P
	9/22	Surface dive and underwater strokes. Brick retrieval. Front flips and back flips.	P
Week 6	9/27	Review basic aquatic skills. Practice for 20 breaths test.	P
	9/29	Water safety and rescue techniques *	C
Week 7	10/4	Help position, huddle position. Using clothes for floatation. Clad swim – <i>bring clothes!!</i>	P
	10/6	Entering/exiting water safely. Rescue techniques Practice for clad swim test - <i>bring clothes!!</i>	P
Week 8	10/11	<i>Midsemester Break – no class!</i>	-
	10/13	<b>20 breaths test and Clad swim test – bring clothes!!</b>	P
Week 9	10/18	<b>Quiz 2!</b> Stroke mechanics – Crawl & Backstroke *	C
	10/20	Crawl stroke	P
Week 10	10/25	Backstroke	P
	10/27	Stroke mechanics – Breaststroke, Sidestroke, and Elementary backstroke *	C
Week 11	11/1	Breaststroke	P
	11/3	Elementary backstroke and Sidestroke	P
Week 12	11/8	Diving and stroke practice	P
	11/10	<b>Quiz 3 and Group presentations*</b>	C
Week 13	11/15	<b>Strokes Test and Underwater swim test</b>	P

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	11/17	Efficiency work	P
Week 14	11/22	<b>Journals due!</b> Swimming for lifetime fitness and review of skills for swim test *	C
	11/24	<i>Thanksgiving break – no class</i>	P
Week 15	11/29	Practice for efficiency test	P
	12/1	<b>Swim Test (efficiency test) 1</b>	P
Final Exam	12/6	<b>Swim Test (efficiency test) 2</b>	P

\*Note: C = meet in classroom, P = meet on pool deck

\*Classroom meeting place is 110 Williams Gym unless otherwise instructed

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