

OXFORD COLLEGE
PE 111 – Intermediate Beginning Swimming

Division: Physical Education and Dance
Course Number: PE 111
Section: 12A
Course Title: Intermediate beginning swimming

Instructor: Dr. Jasmin Hutchinson
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Office Hours: Mon & Wed 3:15-4pm, Tue & Thur 10am-12pm, Fri 9-10am, other times by appt.

Catalog Description: Develops the beginning swimmer's (one who is not afraid of water, but is uncomfortable in deep water) skills in basic strokes and personal safety skills. The survival stroke and other drownproofing techniques are stressed.

Course Objectives:

1. Develop drown proofing 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 development

Text: There is no text for this class. Resource materials will be given out in class and/or posted on the class conference

Course Topics: Please refer to the course calendar.

Activities: The student will be involved in class discussion and participation, in-class assignments, take home projects, and PHYSICAL ACTIVITY (i.e. swimming).

Evaluation: The final grade will be based on:

Swimming Skills	700 pts (70%).
Written tests	150 pts (15%).
Journal	75 pts (7.5%).
Group presentation	75 pts (7.5%).
TOTAL = 1000 points	

Grading Scale:

100-90%	A
89-80%	B
79-70%	C
69-60%	D
< 60%	F
* No plus or minus scale	

Assignments:

Written tests – Three written tests on topics covered in class.

Journal – Journal will include the following sections, neatly presented and arranged in order:
(1) Class notes, (2) Practice record, and (3) Creative section. See handout for details.

Group presentation – In small groups (3-5 students) present a water safety topic to the class. Topics will be assigned at the beginning of the semester during class time.

Swimming Skill Tests:

All tests will be assessed on a pass/fail basis, with the exception of the strokes test, which will be graded.

▪ **Efficiency test (200 points)**

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, including 5 minutes without using your legs and 5 minutes without using your arms
- d. When 30 minutes are up push off the shallow end of the pool and swim a prescribed distance underwater, once without using your legs and once without using your arms

▪ **Clad swim (100 points)**

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

- a. 10 min elementary backstroke, survival stroke, or sidestroke
- b. Use clothing as a flotation device for 10 min

▪ **Underwater Swim (50 points)**

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

▪ **Bobbing Test (50 points)**

With hands behind back and legs together bob in 7ft depth for 5 min

▪ **Brick Retrieval Test (50 points)**

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

▪ **20 Breaths Test (50 points)**

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

▪ **Front and Back flips (50 points)**

In chest deep water perform a front flip and a back flip

▪ **Rescue techniques (50 points)**

Demonstrate a reaching assist, a throwing assist and a wading assist, and knowledge of how to respond to an aquatic emergency

▪ **Strokes Test (100 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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*** All tests must be taken on the day that the test is posted. **LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with Dr. Hutchinson before the day that will be missed.

- Class Attendance:** **Students are required to come to class.** Each student will be allocated three unexcused absences. Each additional absence will result in **-5 PTS.** to the final point total. If the student has accumulated a total of 8 absences or more the final grade will result in an "F". If you do not feel well enough to participate come to class anyway!! There are other ways you can contribute so your grade will not be penalized. If you believe you have justification for an absence to be excused you **MUST** discuss this Dr. Hutchinson in person, and authentic documentation must be provided on the first day back to class. There will be no exceptions.
**If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services (Cathi Wentworth).
- Lateness:** Lateness will NOT be tolerated! ***You are expected to be on the pool deck in swimming attire ready to participate at the start of class time.*** Every third time you are late (not in class within the first five minutes of start time) you will be penalized an absence.
- Important Information:** **Reasonable accommodation for students with writing deficiencies:**
Students with identified or suspected disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722). No special arrangements will be made for any student unless the instructor is contacted directly via official request from this office.
- 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 student's responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process.
- Reminder:** Class activities may include vigorous activities. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature 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. Students may also contact the Office of Disability Services (404-727-6016).
- 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. NO cell phones/ pagers in class
- 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 Any violation of Oxford College's HONOR CODE will not be tolerated.

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JANUARY	
19	Classroom - Syllabus and course introduction
21	Classroom - Hydrodynamics
24	Pool
26	Classroom – Drownproofing
28	Pool
31	Pool
FEBRUARY	
2	Classroom - Basic aquatic skills Quiz 1
4	Pool
7	Pool
9	Pool
11	Pool
14	Pool – Underwater swim test
16	Classroom – Water Safety and rescue
18	Pool
21	Pool – Rescue techniques test
23	Pool
25	Pool
28	Pool
MARCH	
2	Classroom – Stroke mechanics and Quiz 2
4	Pool
7	Pool
9	Pool – Bobbing test
11	Pool
14	<i>Spring Break - NO CLASS</i>
16	<i>Spring Break - NO CLASS</i>
18	<i>Spring Break - NO CLASS</i>
21	Pool
23	Pool – Brick retrieval test
25	Pool
28	Pool
30	Classroom – Group presentations
APRIL	
1	Pool – Underwater flips and 20 breaths test
4	Pool
6	Pool
8	Pool
11	Pool – Clad swim test
13	Pool
15	<i>*No Class - practice by yourself</i>
18	Classroom – Quiz 3 and Journals Due
20	Pool
22	Pool
25	Pool – Strokes test
27	Pool - Practice for final/Retests
29	Pool - Practice for final/Retests
MAY	
2	FINAL EXAM

** Syllabus and course outline is subject to change. Instructor will provide notice of such changes.