

Oxford College
PE 111 – Intermediate Beginning Swimming
MWF 10:40 – 11:35
Fall 2005

Instructor: Anthony Gonzales
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Office: Williams Gym
Hours: MWF 9:30-10:30
TR 9:30-10:00, 2:00-2:30
OR By Appointment

Course Description: Develops the beginning swimmer's (one who is not afraid of water, but is not comfortable in deep water) skills in basic strokes and personal safety. In water safety and survival is emphasized.

Course Objectives: The purpose of this class is to introduce, discuss, demonstrate and participate in basic swimming activities and techniques. The students will be able to perform specific proficiencies of aquatic survival as well as have a greater understanding of the term aquatics.

Week Of:	Activity:
Aug 29	Introduction to Intermediate Basic Swimming
Sept 5	Survival Floating
Sept 12	Treading Water
Sept 19	Sidestroke, Elementary Backstroke
Sept 26	Water Survival
Oct 3	Breaststroke
Oct 10	Breaststroke
Oct 17	Front Crawl (aka Freestyle)
Oct 24	Front Crawl (aka Freestyle)
Oct 31	Rescue Techniques
Nov 7	Bobbing
Nov 14	Underwater Swimming
Nov 21	Underwater Actions
Nov 28	Brick Retrieval
Dec 5	Basic Water Games
Dec 12	Basic Water Games

* Schedule is subject to change

Attendance: Students will be expected (and highly recommended) to attend every class. Four (4) or more unauthorized absences will result in a failure (F) of the class. Students are expected to be in class and ready to work on time. Individuals who are tardy to class will not be tolerated.

Participation: Student participation is a key for success in this class. Four (4) points will be given each day for participation as follows:

4 = full participation in water

3 = partial participation in water

1 = not in water partial participation in general

0 = no participation, absent

½ point will be deducted for each tardy after second occurrence.

Proficiencies: Proficiencies will be assessed by a 2 point system.

2 = Proficient

1 = Somewhat proficient

0 = Deficient

Proficiencies for this class will include, but are not limited to:

Survival Floating, Treading Water, Side Stroke, Elementary Back Stroke, Breaststroke, Front Crawl (Freestyle), Rescue Techniques, Basic Water Survival, Bobbing, Brick Retrieval

Evaluation: There will be a total of 100 points for this class. The breakdown is as follows:

Participation = 41 days x 4 points = 164

Proficiencies = 20 points total (with opportunity to increase)

Total Points = 184 (with the opportunity to increase)

The grading scale for this class is as follows:

90% – 100% = A

80% – 89% = B

70% – 79% = C

60% – 69% = D

0% – 59% or 4 absences = F

Attire: Swim suits are **required**. Shorts/cutoffs are not permitted. Students may wear additional clothing over swim suits if they so desire. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in a zero (0) for the day. Please keep all personal electronic devices out of the pool area during this 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.”