

**Oxford College**  
**PE 111 – Intermediate Swimming**  
**TR 11:30-12:45, 1:00-2:15**  
**Fall 2009**

**Instructor: Anthony Gonzales**  
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**Phone: 770-784-4675**

**Office: Williams 103**  
**Hours: MW 1:00-2:00**  
**Or By Appointment**

**Course Description:** Develops the intermediate 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 intermediate 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.

<b>Week Of:</b>	<b>Activity:</b>
Aug 27	Introduction to Intermediate Swimming
Aug 31	Survival Float
Sept 8	Treading Water
Sept 14	Sidestroke
Sept 21	Elementary Backstroke
Sept 28	Front Crawl (aka Freestyle)
Oct 5	Breaststroke
Oct 12	<b>Tue – Fall Break</b> , Thurs – Rescue Techniques
Oct 19	Tue – <i>Written Exam 1</i> (Rescue), Thurs - Bobbing
Oct 26	Tue – Bobbing, Thurs - Somersaults
Nov 2	Underwater Swimming/Actions ^
Nov 9	Brick Retrieval
Nov 16	Clad
Nov 23	Tue - <i>Exam 2</i> , <b>Thur - Thanksgiving</b>
Nov 30	Tue – Prep Final, Thurs – Water Final
Dec 7	Prof Make-up

\* Schedule is subject to change

**Attendance:** Students are expected (and highly recommended) to attend every class. Tardies will result in 1 participation point deducted up to 5 minutes after class starts, 2 points for up to 10 minutes, and up to 4 points after 10 minutes. **Students are responsible for all information/activities done in class whether they are attended or not.**

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

- 4 =excellent participation of class activities
- 3 = good participation
- 2 = average participation
- 1 = below average participation
- 0 = no participation or absent

**Proficiencies:** Proficiencies will be assessed by a 5 point system for each specific topic. If you earn a 3, 2 or 1 on proficiency you may have a chance to redo the skill with a limit of three proficiencies, on Tuesday, December 8<sup>th</sup>. If you receive a zero (0) on proficiency due to an absence you can choose to make it up on Tuesday, December 8<sup>th</sup>, with the understanding that it will count as three (3) make up proficiencies. All zeros (0) must be made up first. You may not make up the final or any written exam on the makeup day.

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

Survival Floating, Treading Water, Side Stroke, Elementary Back Stroke, Breaststroke, Front Crawl (Freestyle), Bobbing, Front Summersault, Back Summersault, Brick Retrieval, Clad Removal Pants, Clad Removal Shirt

**Written Exams:** You will have two (2) written exams in this class. The first exam will be given on Tuesday, October 20<sup>th</sup>, and will cover rescue techniques. The second exam will be given on Tuesday, November 24<sup>th</sup>, and will cover safety and strokes. Each exam is worth 15 points. There is no makeup for written exams.

**Swim Final:** The swim final will be on Thursday, December 3<sup>rd</sup>. Your performance will be evaluated in the following areas: water entry, summersaults, survival float, swim strokes, bobbing and treading

**Evaluation:** There will be a total of 305 points for this class.

Participation = 27 days x 4 points = 108 points total  
Proficiencies = 55 points total  
Written Exams = 2 exams x 15 points = 30 points total  
Swim Final = 112 points total  
Total Points = 305 points total

The grading scale for this class is as follows:

275 - 305 = A  
244 – 274 = B  
214 - 243 = C  
183 - 213 = D  
182 and less = 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.”

**Reminder:** Class activities may include vigorous physical activity. 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)

**Reasonable Accommodations for Students with Disabilities:** If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note taking, reading, 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. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722).

**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 five (5) days of the 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 five (5) day deadline.