

## **Oxford College Division of Physical Education and Dance**

Oxford College is committed to the liberal arts. The liberal arts curriculum for centuries has included the study of physicality and its relationship to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education an integral part of the curriculum. The study of physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

The courses within the three areas in the Division of Physical Education and Dance emphasize certain elements of physicality with some elements being emphasized more than others. By enrolling in three courses in three different areas students will be exposed to all six elements of physicality to one degree or another

**Course Title:** Beginning Swimming, Fall, 2002

**Instructor:** Dr. England **Email:** penglan@emory.edu **Phone:** 4-8350 **FAX:** 770/784-4677

**Office Hours:** MW 11-11:30 TTH 11:30-12; 2:30-3:30

**COURSE DESIGN:** This course is designed specifically for the true non-swimmer: one who cannot breathe without using the bottom of the pool in order to keep the nose above water. Being comfortable and relaxed in deep water permits access to an environment unlike any other on earth. The underwater world can be peaceful and beautiful. Those who understand and respect the support of the water can enjoy and benefit from a myriad of underwater experiences.

People who cannot survive in deep water are justifiably wary of the water. If you are both wary and fearful, you must learn to control your fear rather than let your fear control you. Many times you will need to acknowledge your fear and take action even though you are afraid. You will need to control your thoughts in order to function in spite of your fear. You will receive xeroxed information about managing anxiety about swimming. You need to begin now, immediately, to talk to yourself about how you will manage your fear of water. How you command that fear will determine your success in this class. It is important that you let me know about your fear and your methods of directing it so I can help as we

progress through the semester. You may let me know of your fears by talking with me, emailing me, or through your journals for this class.

The purpose of this class is to give you comfort and safety in the water. Comfort and safety come only with your ability to control your breathing and your ability to relax and move effortlessly in the water.

**Learning to breathe and to relax are your major goals.**

It is most important that you come to the pool and practice between classes. The more often you are in the water, practicing your skills and honing control of your fear, the more quickly you will become comfortable.

#### **COURSE GOALS:**

1. demonstrate a combination of strokes which ensure breath control and safety in deep water: a) front crawl to survival stroke and b) front crawl to elementary back stroke
2. demonstrate treading in deep water
3. demonstrate bobbing (with hands behind your back) in 7' water
4. demonstrate the front flip and the back flip in deep water
5. demonstrate the survival float or swim
6. your demonstration of all of the above will prove your ability to relax and control your breath in deep water.

**Remember, demonstrating breath control and relaxing are your major goals in this class.**

*Physical activities for this class include vigorous movement. Whenever there is a medical condition which would cause you undue risk or prevent your full participation in swimming, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX (770/784-4677) a letter stating what you cannot do and) recommendations for physical activities you can use to achieve the goals of this course as listed above.*

**COURSE TEXT:** There is no text for this course. Resource material will be given in Class handouts

#### **METHODS OF EVALUATION:**

**Written Work:** You will take the written test twice on the same day; once alone and Then again with your student group. The grade you make alone will count 70% and The group grade will count 30%.

10 points                      Written test on the terminology and concepts of aquadynamics

**Skills**—Each skills test must be performed successfully three times. After all tests have been completed, you will demonstrate your competence and confidence in the deep water by spending three consecutive class days in the deep water, or as many days as you need to convince me that you are comfortable in the deep water.

Bobbing=5 points

Tread=10 points

Survival Swim=30 points

Crawl stroke to survival swim=10 points

Crawl stroke to elementary back stroke=10 points

Sets of front and back flips=5 points

### **CLASS PARTICIPATION AND CONTRIBUTION**

You may earn up to 20 points.

In order to earn these points you must actively participate and contribute during each class meeting. Learning to swim requires great effort and support. Be a supportive classmate as well as improve your own skills. Use class time effectively and help others benefit from this time. Demonstrate that you are making full effort to utilize the techniques and advice you are being given by your instructor. Show that you understand the principles of aquadynamics. Consistently practice courtesy and support for your classmates. Practice aquatic safety. When I speak to you individually about any of these I am suggesting that you be more attentive to this aspect of your class participation and contribution grade. Throughout the semester, there will be “unannounced” quizzes and one minute papers. These quizzes will be practice for the written test. Occasionally, you will write one minute papers (in your notebook) at the beginning of class. I will ask you to give your thoughts about a matter or question. If you are absent when these are given, your participation grade is negatively affected, in addition to penalty for any overcut. Missing more than two (MW or TTH) or three (MWF) classes will result in a 5 point reduction in your participation and contribution grade for each additional absence. It is important that you email me before any absence occurs. If you email me after an absence occurs, do so before the next class meeting. If LearnLink is down, you may leave a voice message (4-8350) instead. These emails are only informative. They do not excuse any absence. If you believe you have justification for an absence to be excused you must meet with me. At that meeting we will decide whether make up work or penalty reduction is justified. COME TO CLASS! If you do not feel well enough to physically participate, there are other ways you can contribute so that your grade will not be penalized. There are NO MAKE UPS FOR WRITTEN WORK OR SKILLS TESTS without medical documentation except in very unusual circumstances. I cannot legally adapt grading standards without such documentation.

The Pierce Program in Religion's theme for the academic year 2002-03 is "Ethics in Society." During this semester in this class we will share in this program by reading and discussing "A Seven-Point Program" from Building Character in Schools by Kevin Ryan and Karen E. Bohlin. This reading is available for you on-line. I will let you know when we will discuss it.

1. Go to the College's home page at: [www.emory.edu/OXFORD/home.html](http://www.emory.edu/OXFORD/home.html)
2. Click on "CURRENT STUDENTS"
3. Click on "LIBRARY"
4. Click on "SYLLABI AND ELECTRONIC RESERVES"
5. Choose to search either by FACULTY, COURSE, OR LIST ALL.
6. Click on "GO"
7. Click on "ERESERVE" in the last column (the "Electronic Reserve" column)
8. Click on any electronic reserve titles listed on the page (any titles that are not linked to an electronic reserve document are titles from last semester, and are not on reserve this semester).

\*You need to have Adobe Acrobat Reader on your computer to read the electronic reserve online.

**GRADING SCALE:** no plus/minus scale

A = 90-100  
B = 80-89  
C = 70-79  
D = 60-69  
F = < 60

**DRESS CODE:** Bathing suits and goggles are required. Shorts and cut-offs are not permitted. Students may wear additional clothing over the bathing suit. Failure to wear required attire will result in an absence. Street shoes are not permitted on the pool deck.

**EQUIPMENT:** Nose plugs are not permitted. Students may wish to use eardrops to aid in drying the ear canal; if necessary you may wear ear plugs.

**ATTENDANCE:** You are responsible for initialing the roll as soon as you arrive in class. If you are late, there will be an X in your box. Indicate your presence by placing your initials and the date in a "tardy box." Three (3) tardies will be equivalent to one absence.

**Web Site:** Go to the Oxford College home page. Click on Academic Life. Click on On-Line Syllabi. Click on Yes beside PE 110 under my name. You will find material that is pertinent for learning the skills required for this class. Read it carefully and watch the underwater video demonstrations often. You can use the scroll bars under each video to capture the movement in slow motion. Please let me know if you have questions.

**AGREEMENT TO PARTICIPATE:** All students are required to read and sign the Agreement to Participate Form prior to the first day of activity.

**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 a skills test for this class you are under the dictates of the Honor Code. Therefore it is imperative that you read the skills tests descriptions carefully so that you can adhere to the Honor Code.

### Grading Sample

On the top right are dates of absences. If a date is circled, that is a day you were late. If a date has a rectangle, that is a day you were in class but could not actively participate. If you have exceeded the cut limit (3/2), each overcut subtracts 5 points from your final grade. Remember that three tardies = one absence.

On the top left is your written test grade, add that once.

Below those you will see grades for your skills: survival float (SF), front crawl to survival swim (FS), front crawl to elementary backstroke (FE), bobbing (B), front flip/back flip (F), tread (T). The flips count five points and bobbing counts five. The survival float counts 30 points. Each other skill counts 10 points.

**In the middle of your card is your class participation and contribution grade.  
Subtract any overcuts.**

**Example:**

<b>Written Test</b>	<b>7.4</b>
<b>SF</b>	<b>30</b>
<b>FS</b>	<b>10</b>
<b>FE</b>	<b>10</b>
<b>B</b>	<b>5</b>
<b>F</b>	<b>5</b>
<b>T</b>	<b>10</b>
<b>Class Participation And Contribution: (safety, use of instruction, collaboration, effort, courtesy)</b>	<b>13</b>
<b>Total</b>	<b>90.4</b>
<b>Excessive Absences 1 x 5 = - 5</b>	
<b>Final</b>	<b>85.4</b>
<b>Grade (no plus/minus)</b>	<b>B</b>

**Oxford College of Emory University  
Division of Physical Education and Health  
CLASS POLICIES FOR BEGINNING SWIMMING**

I have access to a copy of the course syllabus and have read it. Further, the instructor has explained:  
1) the course requirements, 2) the policies on attendance, and 3) the grading policies. I have had an opportunity to ask questions and I understand the three areas listed above.

**WARNING OF RISK FOR SWIMMING**

Every sport has certain inherent risks and, regardless of the precautions taken, it is impossible to ensure the safety of the participant. Swimming is a physical activity requiring a certain degree of physical exertion and concentration. Swimming is a reasonably safe sport as long as certain guidelines are followed. Students having a physical condition that precludes such activity should see the instructor before participating.

Many injuries may occur while participating in swimming. Some examples of possible injuries are:

1. muscle sprains and strains
2. joint injuries
3. broken bones
4. heat exhaustion and/or heat stroke
5. ear problems
6. eye injuries
7. cardiovascular incidents
8. allergies
9. drowning

These and other injuries may occur as a result of such hazards as:

1. slipping and falling
2. environmental factors
3. colliding with other people

To help reduce the likelihood of injury to yourself and other students, the following rules need to be followed while in class:

1. walk slowly on the pool deck and in the locker room--these floors are very slippery when wet.
2. use care entering and exiting the water--be considerate of others
3. wear goggles
4. always have a practice partner
5. never enter the pool unless the instructor or a lifeguard is present
6. **ALWAYS** inform the lifeguard that you are a beginner