

**Oxford College**  
**PE 111 – Intermediate Swimming**  
**TR 11:30-12:45 & 1:00-2:15**  
**Fall 2007**

**Instructor: Anthony Gonzales**  
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**Office: Williams 103**  
**Hours: M-F 11:00-11:30**  
**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.

**Week Of:**

**Activity:**

Aug 30	Introduction to Intermediate Swimming
Aug 4	Survival Float
Aug 11	Treading Water
Aug 18	Sidestroke
Aug 25	Elementary Backstroke
Oct 2	Front Crawl (aka Freestyle)
Oct 9	<b>Tue – No Class, Thu – Written Exam 1 (Safety/Stroke)</b>
Oct 16	Breaststroke
Oct 23	Tue - Rescue Techniques, Thurs – Written Exam 2 (Rescue)
Oct 30	Bobbing
Nov 5	Underwater Swimming/Actions
Nov 13	Brick Retrieval
Nov 20	Tue - Clad Activities, <b>Thu – No Class</b>
Nov 27	Tue – Finish Clad, Thurs – Final Prep
Dec 4	Tue – Final, Thurs - Prof Make-up
Dec 11	Water Games

\* 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 a proficiency test you will have a chance to make up that test, up to three proficiencies, on Thursday, December 6<sup>th</sup>. If you receive a zero (0) on proficiency due to an absence you can choose to make it up on Thursday, December 6<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 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 Thursday, October 11<sup>th</sup>, and will cover safety and strokes. The second exam will be given on Thursday, October 25<sup>th</sup>, and will cover rescue techniques. Each exam is worth 15 points. There is no makeup for written exams.

**Swim Final:** The swim final will be on Tuesday, December 4<sup>th</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.”

**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.