

THE DIVISION OF PHYSICAL EDUCATION AND DANCE

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity which is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit. 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.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body 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 and dance an integral part of the curriculum. Oxford College is no exception.

Course Title: Beginning Swimming, Fall, 2001

Instructor: Dr. England **Email:** penglan@emory.edu or type in Penny England for LearnLink

Phone: 4-8350

Office Hours MW 10:30-11:40, 3:30-4

TTH 9:30-11:30; 1:45-2:30

F 10:30-11:40

Physical activity for this class may be quite vigorous at times and may require good flexibility and mobility. If there is any medical condition which would cause you undue risk or prevent your full participation in such activity, 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 the nature of your limitation(s) and recommendations for adapting swimming class so that it can be beneficial to you.

Overview:

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.

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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 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.

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.

The format for most class meetings will be:

1. I give homework assignments (readings, videos, or skills) for you to practice between classes; I will ask you to demonstrate what you have read or practiced.
2. I will then introduce new skills and methods for practicing skills during class.
3. You will practice while I give individual help during class.

Course Objectives:

1. learn and demonstrate breath control.
2. learn and demonstrate your ability to relax
3. learn and demonstrate basic aquatic safety

Course Content:

You will learn breath control skills (flips, bobbing), treading water, the crawl stroke, the elementary back stroke, the survival stroke, and water safety principles.

Course Text:

There is no text for this course. You will be given xeroxed information.

Evaluation:

Grading Scale:

Skills Tests	A = 900-1000
Bobbing=100 points	B = 800-890
Tread=200 points	C = 700-790
Survival Swim=300 points	D = 600-690
Crawl stroke to survival swim=100 points	F = < 600
Crawl stroke to elementary back stroke=100 points	
Front and back flips=100 points	
Class Participation=100 points	

100=extraordinary effort and effective use of class time.

80=average use of class time

60=below average use of class time

Plus 50 points if you are absent no more than one time.

Minus 25 points for each absence above three.

Minus five points for each day you are present, but not in the water above two.

You are expected to be an active participant in each class and to be prepared for class (bathing suit, goggles, towel). If you do not feel well enough to participate in class activity you should attend and take notes and make comments on activities of the day. Turn those notes in to me at the end of that class period. Anyone coming in after the roll has been taken has the responsibility of being sure the instructor has recorded his/her presence. A tardy will be given to those students coming in after roll has been taken. **Three (3) tardies will be equivalent to one absence.** Your absence from class affects everyone in class.

Extra credit points may be awarded for quizzes on material from the web site.

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.

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 which is very 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. You will have some extra credit tests on this web site material.

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

The Honor Code is based on the fundamental expectation that every person in Oxford College will conduct his or her life according to the dictates of the Honor Code and will refuse to tolerate actions in others which would violate the Honor Code. I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take 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.