

**Oxford College**  
**PE 111 – Intermediate Beginning Swimming**  
**MW 2:00 – 3:15      TR 10:00 – 11:15      TR 11:30 – 12:45**  
**Fall 2005**

**Instructor: Anthony Gonzales**  
**E-mail: gonza5@emory.edu**  
**Phone: 770-784-4675**

**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.

| <b>Week Of:</b> | <b>Activity:</b>                            |
|-----------------|---|
| 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 = 27 days x 4 points = 108

Proficiencies = 20 points total (with opportunity to increase)

Total Points = 128 (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.”