

OXFORD COLLEGE
PE 112 – Advanced Beginning Swimming

Instructor: Dr. Jasmin Hutchinson

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Office Hours: M,W,F 11:30am-12pm. T, Th 12 -1pm and other times by appt

Catalog Description: For students who are not afraid of deep water but are not good swimmers. Development of stroke mechanics and personal water safety skills. Drownproofing techniques are stressed.

Course Objectives:

1. Develop drown proofing techniques which will allow you to survive for extended periods of time in the water
2. Acquire general knowledge of basic water safety and emergency water safety
3. Acquire general knowledge of hydrodynamic principles
4. Swimming stroke refinement

Text: There is no text for this class. Resource materials will be given out in class and/or posted on the class conference

Course Topics: Please refer to the course calendar.

NOTE: Class notes and important updates will be posted on your Learnlink site for this class. You are responsible for all information posted to the Learnlink site.

****** Syllabus and course outline is subject to change. Instructor will provide notice of such changes.

Activities: The student will be involved in class discussion and participation, in-class assignments, homework projects, and PHYSICAL ACTIVITY (i.e. swimming).

Evaluation: The final grade will be based on:

Swimming Skills	800 pts (80%).
Written tests	150 pts (15%).
Practice records/reflections	50 pts (5%).
TOTAL = 1000 points	

Grading Scale:

100-93%	A	79-77%	C+
92-90%	A-	76-73%	C
89-87%	B+	72-70%	C-
86-83%	B	69-60%	D
82-80%	B-	< 60%	F

Assignments:

Written tests – Three written tests on topics covered in class. Each test is worth 50 points.

Practice records and reflections – You are to turn in 5 practice records and reflections (worth 10 points each). See handout for details.

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Swimming Skill Tests:

▪ **Final exam (200 points)**

For the efficiency test students must use at least 30 minutes to do the skills listed in the following order:

- a. Jump into 13ft depth from the side of the pool
- b. Demonstrate a front flip and a back flip in deep water
- c. Tread water for 5 minutes
- d. Swim 100 yards demonstrating 25 yards each of the crawl stroke, breast stroke, side stroke, and elementary backstroke
- e. Spend the remaining time doing the survival float/stroke

**All skills must be completed continuously without leaving the water (no stopping or touching floor or sides of the pool)*

▪ **Clad swim (100 points)**

Students must wear long sleeved shirts and long pants and demonstrate the following:

- a. 15 min continuous swim using survival stroke, elementary backstroke or sidestroke
- b. Use clothing as a flotation device for 10 min
- c. Exit the deep end of the pool without aid (i.e. steps)

▪ **Timed swim (100 points)**

Swim (any stroke) a set distance in 20 minutes (see handout for grading scale).

▪ **Underwater Swim (75 points)**

Swim a prescribed distance completely underwater

▪ **Bobbing Test (75 points)**

With hands behind back and legs together bob in 7ft depth for 5 min

▪ **Brick Retrieval Test (75 points)**

Swim 20 yards, retrieve brick from 8ft depth, and swim back 20 yards with the brick

▪ **20 Breaths Test (50 points)**

In 13ft depth, with hands behind back and legs together, float until 15 breaths have been taken, perform either a front or back flip, and float for 5 more breaths.

▪ **Rescue techniques (25 points)**

Demonstrate simple rescue assists and knowledge of how to respond to an aquatic emergency

▪ **Strokes Test (100 points)**

Students will be evaluated on the following strokes:

- a. Elementary backstroke
- b. Sidestroke
- c. Front crawl
- d. Breaststroke
- e. Backstroke

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*** All tests must be taken on the day that the test is scheduled. **LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with Dr. Hutchinson before the day that will be missed.

Class Attendance: **Students are required to come to class.** Each student will be allocated three unexcused absences. Each additional absence will result in **-5%** from the final point total. If the student has accumulated a total of 8 absences or more the final grade will result in an "F". If you do not feel well enough to participate come to class anyway. There are other ways you can contribute so your grade will not be penalized. If you believe you have justification for an absence to be excused you **MUST** discuss this Dr. Hutchinson in person, and authentic documentation must be provided on the first day back to class. There will be no exceptions.

****If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services.**

Lateness: Lateness will NOT be tolerated! ***You are expected to be on the pool deck in swimming attire ready to participate at the start of class time.*** Every third time you are late (not in class within the first five minutes of start time) you will be penalized an absence.

Important Information:

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, 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).

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).

Dress code: Bathing suits and goggles are **required**. Shorts and cut offs are not permitted. Students may wear additional clothing over the bathing suits if they wish. Street shoes are not allowed on the pool deck. Failure to wear required attire will result in an absence. NO cell phones/ pagers in class

HONOR CODE: 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 skills test for this class you are under dictates of the Honor Code. Any violation of Oxford College's HONOR CODE will not be tolerated.

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 5 days of 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 5 day deadline.

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Course Calendar

JANUARY	
W 17	Pool
F 19	Classroom - Course introduction and hydrodynamics
M 22	Pool
W 24	Classroom – basic aquatic skills and strokes
F 26	Pool
M 29	Pool
W 31	Classroom – Quiz 1 and Strokes video
FEBRUARY	
F 2	Pool
M 5	Pool
W 7	Classroom - Quiz 2, water safety and rescue <i>Practice records 1 and 2 due</i>
F 9	<i>Conference - No class ☺</i>
M 12	Pool
W 14	Pool
F 17	Pool
M 19	Pool
W 21	Pool
F 23	Pool
M 26	Pool
W 28	Classroom – Quiz 3 <i>Practice record 3 due</i>
MARCH	
F 2	Pool
M 5	Pool
W 7	Pool – rescue techniques test
F 9	Pool
M 12	<i>Spring break</i>
W 14	<i>Spring break</i>
F 16	<i>Spring break</i>
M 19	Pool
W 21	Pool – underwater swim test
F 23	Pool
M 26	Pool
W 28	Pool – brick retrieval and 20 breaths test
F 30	Pool
APRIL	
M 2	Pool
W 4	Pool – bobbing test
F 6	Pool
M 9	Pool
W 11	Pool – strokes test
F 13	Pool
M 16	Pool
W 18	Pool – clad swim test
F 20	Pool
M 23	Pool
W 25	Pool – timed swim test <i>Practice records 4 and 5 due</i>
F 27	Pool
M 30	FINAL EXAM

