

Calendar: This schedule is subject to change due to pool problems or other unforeseen circumstances

PE 110 Spring, 2002
TESTING SCHEDULE

Dr. England

Monday, January 28	meet in classroom: Test I--Class lectures and Web site material
Monday, February 11	Journal Due prior to 6 a.m. (four entries)
Wednesday, February 13	meet in classroom
Wednesday, February 20	meet in classroom: Test II—Web site material and CPR
Wednesday, March 6	Journal Due prior to 6 a.m. (four entries)
Monday, March 18	Skills Testing Begins (order: bobbing, treading, flips, survival swim, crawl stroke to survival swim, crawl stroke to elementary back stroke)
Monday, April 8	Journal Due (four entries)

OTHER IMPORTANT DATES:

March 11-15	No class: Spring break
Wednesday, April 24	meet in classroom: Course/Instructor evaluations

SKILLS TESTS: Tests will be administered in the order listed above. Remember that you must complete each test three times before you can begin demonstrating your confidence and competence in the deep water. When you have convinced me of your comfort in the deep water, you may stop coming to class until the day of the course evaluations.

Taking the skills tests is similar in some ways to overcoming an aquatic panic situation. You need to call on the self-confidence you have developed through your practice, control your breathing pattern, and focus your mind on calming thoughts.

BOBBING TEST: You must control your position so that you stay between the 20 and 25 pool marks and on the far side of lane 1 or 6. Your hands must be clasped behind your back for the entire five (5) minutes of the test. You will touch the bottom of the pool after each breath, push to the surface for your next breath. You will know that you have finished when I stand up. You must be able to take this test at the same time others are taking it.

TREADING TEST: You must control your position so that you stay on the far side of lane 1 and past the 55 pool mark. Your face can submerge, but you must spend most of your treading time with your face above the surface. You must tread non-stop for three (3) minutes.

FLIPS: You must do each set of front and back flips past the 55 pool mark and on the far side of lane 1. Your hips must pass directly over your shoulders and you must surface facing the same direction you began. You can come to the side of the pool between your flips and you may do your flips in any order.

SURVIVAL SWIM: You must spend thirty minutes deeper than the 55 pool mark and on the far side of the "T's", lane 1 and lane 6. You must spend 95 percent of the time with your face in the water.

CRAWL STROKE TO SURVIVAL SWIM AND CRAWL STROKE TO ELEMENTARY BACKSTROKE: On either lane 3 or 4 you will demonstrate your crawl stroke until you reach halfway (marked by a chair), then, without stopping you will continue to the wall demonstrating the other stroke. You may not stop until your hand touches the wall.

YOU ARE SUBJECT TO THE OXFORD COLLEGE HONOR CODE DURING ALL TESTS, INCLUDING THE SKILLS TESTS.

EMORY UNIVERSITY



050000021143

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, Spring, 2002

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

Phone: 4-8350

Office Hours MW 12:30-1:45, 3:30-4

TTH 9:30-10, 2:30-3

I am on campus many other hours and available for appointments at other times.

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.

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 a copy of Dr. David Burns' articles "Understanding Anxiety" and "How to Fight Your Fears and Win." 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.

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:

Skills—Each 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.

Grading Scale:

Bobbing= $10+20+20=50$ points

Tread= $60+60+80=100$ points

Survival Swim= $80+100+120=300$ points

Crawl stroke to survival swim= $30+30+40=100$ points

Crawl stroke to elementary back stroke= $30+30+40=100$ points

Sets of front and back flips= $10+20+20=50$ points

A = 900-1000

B = 800-890

C = 700-790

D = 600-690

F = < 600

Class Participation=100 points

100=extraordinary effort and effective use of class time.

85=average use of class time: **This is the grade most students earn**

60=below average use of class time

Plus 25 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.**

Written Tests— You will have two written tests on material from the web site and/or handouts. Each test will be worth fifty (50) points.

Journals— The journals are worth a total of 100 points. You will turn in an electronic journal once every three weeks. You should make an entry once a week in the same

email so that when you post it to me it will contain all three entries in one email.

Your journal grade will be based on completeness, clarity, evidence of critical thinking regarding your skill learning and control of your fear.

Your journal entry format:

1. Day, date, and times you have practiced in the pool outside of class this week and the name of the lifeguard who was on duty for each of your practices.
2. List the skills you practiced and following each, describe very specifically
 - a) your feelings about practicing this skill, b) your success or difficulty with this skill, and how it feels to do this skill at this point in your progress
3. Your plan for progress before your next entry.

Enter this precise format:

1. For each practice session

Day

Date

Start time and quit time

Lifeguard's full name

2. Skill I.

a. specific feelings

b. specific success and/or difficulty

c. how it feels to do this skill at this point in your progress

Skill II., III, and so on.

3. Your plan for progress

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 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 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 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.