

F 2000

## PE 111 ADVANCED BEGINNING SWIMMING

**LOCATION:** Swimming Pool  
**INSTRUCTOR:** Dr. Yit Aun Lim      **OFFICE:** S Gym Trailer RM 3  
**SECTION:** 1:00A  
**DAY/TIME:** MON/WED/FRI: 1:00 PM - 2:00 PM.  
**PHONE NO.:** (770) 784-4675      **ON CAMPUS:** 4-4675  
**E-MAIL:** ylim@learnlink.emory.edu  
**OFFICE HOUR:** Monday/Wednesday/Friday: 10:00 - 11:00 AM;  
Tuesday/Thursday: 1:00 - 2:30 PM

### COURSE OBJECTIVES:

1. Acquire basic techniques of advanced beginning swimming, which include the front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke.
2. Develop drownproofing techniques skills which will allow you to survive for extended periods of time in water.
3. Acquire general and emergency water safety skills.
4. Improve different strokes techniques which will promote enjoyment of water activities and enhance lifetime fitness.

### GRADING SCALES:

90-100% = A; 80-89% = B; 70-79% = C; 60-69% = D; 0-59% = F

### COURSE OUTLINE:

#### A. INTRODUCTION:

#### B. AQUATICS SAFETY:

#### C. BASIC SKILLS:

1. Front Crawl (freestyle).
2. Back Crawl (backstroke).
3. Elementary Backstroke.
4. Breaststroke.
5. Sidestroke.
6. Drownproofing Techniques:
  - a. Efficiency Test: Survival swim/float; front & back somersaults; retrieval of brick from bottom of the pool (7 foot depth); underwater swim; treading water.
  - b. Clad swim.
  - c. Bobbing/20 breaths test.
7. Fitness Swim:
  - a. 12 MIN Swim Test.

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**EXAMINATION:**

1. **Written Exams [30%]**
  - a. first written test 15%
  - b. second written test 15%
2. **Strokes Skill Test (final) [20%]** 20%
3. **Fitness Swim Test [10%]**
  - a. 12 minute fitness swim 10%
4. **Drownproofing [40%]**
  - a. efficiency test 15%
  - b. clad swim 15%
  - c. bobbing/20 breaths test 10%

**TEXT BOOKS:**

American Red Cross: Swimming & Diving by Mosby Lifeline

**ATTENDANCE:**

1. A maximum of three absences will be allowed without penalty for the semester.
2. Three (3) points will be deducted from the final grade on each absence thereafter.
3. A total of five (5) bonus points will be added to the final grade for student who does not miss any classes during the semester; three (3) points will be given to those who miss one class; and one (1) point will be added for those who miss two classes.
4. Three (3) late arrivals to the class constitute an absence.
5. If you are unable to participate in the class, it is recommended and strongly encouraged that you observe the class. A maximum of 2 class observations will be allowed in a semester. Any more observations thereafter will be considered an absence.

**RISK AWARENESS STATEMENT:**

1. Read and understand before signing.
2. If you have any conditions which would limit your participation to fulfill the course requirements, then the following steps need your attention:
  - a. Have your physician state the nature of your limitation(s) in writing.
  - b. Have your physician make suggestions of activities in writing so that you can fulfill the course requirements.

**STUDENT HONOR CODE:**

It is the student responsibility to uphold the honor code as described in the Oxford College's catalog.

**FALL 2000 PE 111: 01A [MWF] CLASS CALENDER**

<b>WEEK</b>	<b>DAY</b>	<b>DATE</b>	<b>ACTIVITIES</b>	<b>ASSIGNMENT</b>
1	WED	8/30	INTRODUCTION	
	FRI	9/1	<b>FRONT CRAWL</b> <ul style="list-style-type: none"> <li>BALANCING WITH BOTH HANDS ON SIDE (BHOS)</li> <li>BALANCING WITH ONE ARM EXTENDED (AEXT)</li> <li>BALANCING (BHOS) &amp; KICK ON SIDE</li> <li>BALANCING (AEXT) &amp; KICK ON SIDE</li> </ul>	
2	MON	9/4	<b>LABOR DAY HOLIDAY</b>	
	WED	9/6	<b>FRONT CRAWL</b> STROKING FREESTYLE WITH AND WITHOUT KICK BOARD: <ul style="list-style-type: none"> <li>BOTH HANDS IN FRONT [CATCH-UP DRILL]</li> <li>ONE HAND ON SIDE [ONE ARM DRILL]</li> </ul>	
	FRI	9/8	<b>BACK CRAWL</b> <ul style="list-style-type: none"> <li>SUPINE FLOAT: BALANCING</li> <li>SUPINE KICK: BHOS &amp; AEXT</li> <li>SIDE KICKING WITH HEAD LOOKING STRAIGHT UP</li> </ul>	
3	MON	9/11	<b>BACK CRAWL</b> <ul style="list-style-type: none"> <li>ONE ARM BACK STROKE: 6-6 DRILL</li> </ul>	
	WED	9/13	<b>BREASTSTROKE</b> <ul style="list-style-type: none"> <li>PRONE BREAST KICK</li> <li>SUPINE BREAST KICK</li> <li>VERTICAL BREAST KICK</li> <li>TREADING WATER: EGG-BEATER KICK</li> </ul>	
	FRI	9/15	<b>BREASTSTROKE</b> <ul style="list-style-type: none"> <li>SCULLING SKILLS</li> <li>KICK DRILL: 1 PULL/2 KICK</li> <li>PULL DRILL: 2 PULL/1 KICK</li> <li>TIMING: PULL/BREATH/KICK/GLIDE</li> </ul>	
4	MON	9/18	<b>ELEMENTARY BACKSTROKE</b> <ul style="list-style-type: none"> <li>SUPINE BREAST KICK &amp; BALANCING</li> <li>ARM PULL &amp; RECOVERY</li> </ul>	
	WED	9/20	<b>ELEMENTARY BACKSTROKE</b> <ul style="list-style-type: none"> <li>BREATHING &amp; TIMING OF PULL &amp; RECOVERY</li> <li>SUPINE BALANCING &amp; GLIDING</li> </ul>	

	FRI	9/22	<b>SIDESTROKE</b> <ul style="list-style-type: none"> <li>• PULL PATTERN: LEADING &amp; TRAILING ARMS</li> <li>• KICK PATTERN: SCISSORS KICK</li> </ul>
5	MON	9/25	<b>SIDESTROKE</b> <ul style="list-style-type: none"> <li>• BREATHING &amp; TIMING OF PULL &amp; RECOVERY</li> <li>• SIDE BALANCING &amp; GLIDING</li> </ul>
	WED	9/27	REVIEW OF ALL 5 STROKES
	FRI	9/29	<b>ASEP: WATCH ARC VIDEO: STROKES</b>
6	MON	10/2	CLAD SWIM/SURVIVAL FLOAT/SWIM
	WED	10/4	PRACTICE CLAD SWIM: INFLATING SHIRT
	FRI	10/6	PRACTICE CLAD SWIM: INFLATING PANTS
7	MON	10/9	<b>CLAD TEST</b>
	WED	10/11	REVIEW FOR MID-TERM
	FRI	10/13	<b>MID-TERM EXAM [CH 1,2,4,5,6]</b>
8	MON	10/16	<b>MIDSEMESTER BREAK</b>
	WED	10/18	EFFICIENCY SKILLS
	FRI	10/20	EFFICIENCY SKILLS
9	MON	10/23	EFFICIENCY SKILLS
	WED	10/25	PRACTICE ON ALL EFFICIENCY SKILLS/BOBBING/20 BREATHS
	FRI	10/27	<b>EFFICIENCY TEST/BOBBING TEST</b>
10	MON	10/30	FITNESS SWIM: INTERVAL TRAINING
	WED	11/1	FITNESS SWIM: FARTLEK TRAINING
	FRI	11/3	FITNESS SWIM: DISTANCE TRAINING
11	MON	11/6	FITNESS SWIMMING: SPRINT TRAINING
	WED	11/8	FITNESS SWIMMING: AEROBIC TRAINING
	FRI	11/10	FITNESS SWIMMING: ANAEROBIC TRAINING
12	MON	11/13	FITNESS SWIM/DISTANCE PER STROKE
	WED	11/15	FITNESS SWIM/PACING
	FRI	11/17	12 MIN PRACTICE SWIM
13	MON	11/20	<b>12 MIN SWIM TEST</b>
	WED	11/22	<b>THANKSGIVING HOLIDAY</b>
	FRI	11/24	<b>THANKSGIVING HOLIDAY</b>

14	MON	11/27	REVIEW STROKES/STROKE IMPROVEMENT
	WED	11/29	REVIEW STROKES/STROKE IMPROVEMENT
	FRI	12/1	REVIEW STROKES/STROKE IMPROVEMENT
15	MON	12/4	MAKE-UP DAY
	<b>WED</b>	<b>12/6</b>	<b>STROKE TEST</b>
	FRI	12/8	REVIEW FOR FINAL
16	<b>MON</b>	<b>12/11</b>	<b>FINAL WRITTEN EXAM [CH 9-13]</b>