

PE 111 ADVANCED BEGINNING SWIMMING

LOCATION: Swimming Pool
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** Gym 2
SECTION: 9:00A
DAY/TIME: MON/WED/FRI: 9:00 AM - 10:00 AM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday: 2:00 - 3:00 PM; Tuesday: 1:00 - 3:00 PM
Thursday: 1:00 - 2:00 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:

1. Basic Safety Guidelines.
2. Open Water Safety.
3. Safety in different environment.

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 minute fitness swim.

8. Others [if time permits]:
 - a. Surface Dive; Starts & Turns; and Basic & Emergency Water Safety Skills.

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 (3) 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 missed one class; and one (1) point will be added for those who missed 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 as absences.

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.

FALL 1999 PE 111: 9:00A [MWF] CLASS CALENDER

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	WED	8/25	INTRODUCTION	
	FRI	8/27	FRONT CRAWL <ul style="list-style-type: none"> BALANCING WITH BOTH HANDS ON SIDE (BHOS) BALANCING WITH ONE ARM EXTENDED (AEXT) BALANCING (BHOS) & KICK ON SIDE BALANCING (AEXT) & KICK ON SIDE 	
2	MON	8/30	FRONT CRAWL STROKING FREESTYLE WITH AND WITHOUT KICK BOARD: <ul style="list-style-type: none"> BOTH HANDS IN FRONT [CATCH-UP DRILL] ONE HAND ON SIDE [ONE ARM DRILL] 	
	WED	9/1	BACK CRAWL <ul style="list-style-type: none"> SUPINE FLOAT: BALANCING SUPINE KICK: BHOS & AEXT SIDE KICKING WITH HEAD LOOKING STRAIGHT UP 	
	FRI	9/3	BACK CRAWL <ul style="list-style-type: none"> ONE ARM BACK STROKE 6-6 DRILL 	
	MON	9/6	LABOR DAY HOLIDAY	
3	WED	9/8	BREASTSTROKE <ul style="list-style-type: none"> PRONE BREAST KICK SUPINE BREAST KICK VERTICAL BREAST KICK TREADING WATER: EGG-BEATER KICK 	
	FRI	9/10	BREASTSTROKE <ul style="list-style-type: none"> SCULLING SKILLS KICK DRILL: 1 PULL/2 KICK PULL DRILL: 2 PULL/1 KICK TIMING: PULL/BREATH/KICK/GLIDE 	
	MON	9/13	ELEMENTARY BACKSTROKE <ul style="list-style-type: none"> SUPINE BREAST KICK & BALANCING ARM PULL & RECOVERY 	
	WED	9/15	ELEMENTARY BACKSTROKE <ul style="list-style-type: none"> BREATHING & TIMING OF PULL & RECOVERY SUPINE BALANCING & GLIDING 	

	FRI	9/17	SIDESTROKE
			<ul style="list-style-type: none"> PULL PATTERN: LEADING & TRAILING ARMS KICK PATTERN: SCISSORS KICK
5	MON	9/20	SIDESTROKE
			<ul style="list-style-type: none"> BREATHING & TIMING OF PULL & RECOVERY SIDE BALANCING & GLIDING
	WED	9/22	REVIEW OF ALL 5 STROKES
	FRI	9/24	PDO: WATCH ARC VIDEO: STROKES
6	MON	9/27	PDO: WATCH ARC VIDEO: TURNS
	WED	9/29	PRACTICE TURNS
	FRI	10/1	CLAD SWIM
			INFLATING SHIRT & PANTS
7	MON	10/4	PRACTICE CLAD SWIM
	WED	10/6	CLAD TEST
	FRI	10/8	FALL BREAK
8	MON	10/11	REVIEW FOR MID-TERM
	WED	10/13	MID-TERM EXAM [CH 1,2,4,5,6]
	FRI	10/15	EFFICIENCY SKILLS
9	MON	10/18	BOBBING/20 BREATHS
	WED	10/20	PRACTICE ON ALL EFFICIENCY SKILLS/BOBBING/20 BREATHS
	FRI	10/22	EFFICIENCY TEST/BOBBING TEST
10	MON	10/25	FITNESS SWIM: INTERVAL TRAINING
	WED	10/27	FITNESS SWIM: FARTLEK TRAINING
	FRI	10/29	FITNESS SWIM: DISTANCE TRAINING
			<ul style="list-style-type: none"> 20 MIN SWIM
11	MON	11/1	FITNESS SWIMMING: SPRINT TRAINING
	WED	11/3	FITNESS SWIMMING: AEROBIC TRAINING
	FRI	11/5	FITNESS SWIMMING: ANAEROBIC TRAINING
12	MON	11/8	FITNESS SWIM/STROKE IMPROVEMENT
	WED	11/10	FITNESS SWIM/STROKE IMPROVEMENT
	FRI	11/12	FITNESS SWIM/STROKE IMPROVEMENT
13	MON	11/15	FITNESS SWIM/STROKE IMPROVEMENT
	WED	11/17	FITNESS SWIM/STROKE IMPROVEMENT
	FRI	11/19	FITNESS SWIM/STROKE IMPROVEMENT
14	MON	11/22	12 MIN SWIM TEST
	WED	11/24	THANKSGIVING HOLIDAY
	FRI	11/26	THANKSGIVING HOLIDAY
15	MON	11/29	REVIEW OF ALL STROKES/MAKE-UP DAY
	WED	12/1	STROKE TEST
	FRI	12/3	REVIEW FOR FINAL
16	MON	12/6	FINAL WRITTEN EXAM [CH 9-13]