

PE 111 ADVANCED BEGINNING SWIMMING COURSE SYLLABUS

Location: Gym, swimming pool
Instructor: Dr. Bing Wei
Phone No.: (770) 784-8371, On campus: 4-8371
Office Room No.: Gym 4A
Office Hour: MWF 11:00-12:00 PM, MW 3:30-4:30 PM
TT 11:00-12:00 PM, 2:00-3:00 PM

COURSE OBJECTIVES:

- A. Acquire basic techniques of advanced beginning swimming.
- B. Develop skills which will allow you to survive for extended periods of time in water.
- C. To help you enhance your physical fitness through aquatic activities.
- D. Acquire general knowledge of basic water safety and emergency water safety.

GRADING SCALES

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

TOPICS TO BE COVERED

- A. Introduction
 1. safety in aquatics
 2. facilities and attire
- B. Basic Skills
 1. Strokes
 - breaststroke
 - front crawl (free style)
 - elementary back stroke
 - back crawl (back stroke)
 - sidestroke
 2. Drownproofing
 - bobbing
 - front and back somersaults, retrieval of brick from bottom of the pool(7 foot depth), underwater swim, and survival swim/float.
 - treading water
 - clad swim
 3. Twelve (12) Minute Fitness Swim
 4. Introduction to surface dive, backstroke starting and front crawl flip turn if time permits
 5. Acquire basic water safety and emergency water safety skills if time permits

EXAMS

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|---|-----|
| 1. Written exams | |
| a. first written exam | 15% |
| b. second written exam | 15% |
| 2. Test of stroke techniques | 20% |
| 3. Twelve (12) minute fitness swim test | 10% |
| 4. Drownproofing | |
| a. efficiency test | 15% |
| b. clad swim | 10% |
| c. bobbing/somersaults/treading water | 15% |

TEXT BOOKS

American Red Cross: Swimming & Diving
Written exams will be based on the book and information presented in the class. The subjects included in the lectures are: history of swimming; personal safety; hydrodynamics; principles of training; guidelines on developing personalized fitness programs; first aid for heat and cold related illnesses; recognize water emergencies and basic rescue information. Written examinations in this class will count thirty percent of your final grade.

ATTENTION

Class activities may include vigorous exercise. If there is any medical condition which cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately upon your knowledge of the condition. If you have condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating 1) the nature of the limitation(s) and 2) his/her suggestions for activities which would help you meet the requirements of this course.

ATTENDANCE POLICIES

1. A maximum of three (3) absences will be allowed without penalty for the semester.
2. Two (2) points will be deducted from the final grade on each of the absence thereafter.
3. Three (3) late arrivals (10 minutes or more) to class constitute an absence.
4. If unable to participate in the activities, it is strongly encouraged that student observes the class. However, a maximum of 2 class observations will be counted as attendance. More than 2 observations will be penalized as absences.

PE 111 MWF CLASS CALENDAR SPRING, 2000				
WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	Wed.	1/19	introduction	
	Fri.	1/21	basic water skills	C. 1
2	Mon.	1/24	watching video on strokes	
	Wed.	1/26	bobbing, survival float	
	Fri.	1/28	bobbing, survival float	
3	Mon.	1/31	breaststroke, survival stroke	C. 2
	Wed.	2/2	breaststroke, survival stroke	
	Fri.	2/4	breaststroke, underwater swim	
4	Mon.	2/7	lecture, chapters 1, 2	
	Wed.	2/9	elementary backstroke, under water swim	C. 3
	Fri.	2/11	elementary backstroke, fitness swim	C. 4
5.	Mon.	2/14	lecture, chapters 3, 4	C. 6
	Wed.	2/16	front crawl, flips, fitness swim	
	Fri.	2/18	front crawl, flips, fitness swim	
6.	Mon.	2/21	backstroke, treading water	
	Wed.	2/23	mid-term exam review, lecture	C. 5
	Fri.	2/25	backstroke, fitness swim	
7.	Mon.	2/28	stroke improvement, fitness swim	
	Wed.	3/1	Mid-term Exam	
	Fri.	3/3	sidestroke, treading water	
8.	Mon.	3/6	sidestroke, surface dives	C. 10
	Wed.	3/8	survival float/stroke, fitness swim	
	Fri.	3/10	review mid-term exam, watch video on turns	
9.	Monday, 3/13-Friday, 3/17 spring break			
10.	Mon.	3/20	clad swim, stroke improvement	
	Wed.	3/22	clad swim, drownproofing	C. 12
	Fri.	3/24	no class, teacher goes to conference	
11.	Mon.	3/27	stroke improvement, drownproofing	
	Wed.	3/29	lecture, chapters 5, 10, 12	
	Fri.	3/31	drownproofing, fitness swim	C. 13
12.	Mon.	4/3	turns and shallow water diving	
	Wed.	4/5	fitness swim, safety skills	
	Fri.	4/7	drownproofing, fitness swim, safety skills	
13.	Mon.	4/10	lecture, chapter 13	
	Wed.	4/12	review for all water skills	
	Fri.	4/14	bobbing/somersault/treading water test	
14.	Mon.	4/17	clad swim test	
	Wed.	4/19	stroke test	
	Fri.	4/21	12 minute fitness swim test	
15.	Mon.	4/24	30 minute efficiency test	
	Wed.	4/26	make up tests	
	Fri.	4/28	final exam review, course evaluation	
16.	Mon.	5/1	final written exam	