

PE 110 BEGINNING SWIMMING

Dr. England, Gym 3, 4-8350
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Spring, 2000
Office Hours: MW 10:15-11, 1-2
TTH 9-9:30; 1:30-2:30
F 10:15-11

Course Objectives:

1. learn and demonstrate breath control
2. learn and demonstrate the survival stroke and other aquatic skills
3. learn and demonstrate relaxation in the water

Class activities may include vigorous exercise. 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, you should have your physician FAX (770/784-4677) a letter stating the nature of your limitation(s) and recommendations for physical activities you can use to achieve the objectives of this course as listed above.

Text: There is no text for this course. You will receive xeroxed handouts.

Class Participation: 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 class, take notes with your comments on activities of the day. Turn those notes in to me at the end of that class period.

Grading and grade scale:

Scale—A=>899 points; B=800-899; C=700-799; D=600-699; F=<600

Written work-- Due prior to or at the beginning of class on the due date:

200 Two Take-home, Open-book Tests

IT IS AN HONOR CODE VIOLATION TO CONSULT WITH ANYONE (DR. ENGLAND EXCEPTED) ABOUT YOUR ANSWERS FOR THESE QUESTIONS. However, you are encouraged to seek help from the Writing Center (or other qualified people) regarding grammar and mechanics, organization, and clarity of your work.

Practical work

800 Skills tests—each test must be successfully completed three times. All are performed in deep water:

1. bobbing with tread—10 + 20 + 20
2. front flip with tread/back flip with tread—10 + 20 + 20
3. 1/2 length survival stroke plus 1/2 length elementary back stroke—60 + 60 + 80
4. front crawl stroke—30 + 30 + 40
5. survival stroke—100 + 100 + 200

Absences

If you miss more than 3 classes **FOR ANY REASON** (including religious holidays, doctors', lawyers' appointments, illness), fifty points per overcut will be deducted from your final grade. Exceptions to this policy are very rare. They occur only when the student has communicated with me in a timely manner (within the week) regarding the exceptional circumstances. **THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS EXCEPT UNDER VERY EXCEPTIONAL CIRCUMSTANCES.** If you arrive after roll is called, you must see me **AT THE END OF THAT CLASS** to initiate a change in your recorded absence.

Extra credit points

Points may be added to your final grade for exceptional demonstration of safety, courtesy, and class participation.

Fifty points will be added to your final grade if you have **NO** absences.

THE OXFORD COLLEGE HONOR CODE APPLIES TO ALL WORK FOR THIS CLASS.

Oxford College of Emory University
Division of Physical Education and Health
CLASS POLICIES FOR BEGINNING SWIMMING

I have access to a copy of the course syllabus and have read it. Further, the instructor has explained:

1) the course requirements, 2) the policies on attendance, and 3) the grading policies. I have had an opportunity to ask questions and I understand the three areas listed above.

WARNING OF RISK FOR SWIMMING

Every sport has certain inherent risks and, regardless of the precautions taken, it is impossible to ensure the safety of the participant. Swimming is a physical activity requiring a certain degree of physical exertion and concentration. Swimming is a reasonably safe sport as long as certain guidelines are followed. Students having a physical condition that precludes such activity should see the instructor before participating.

Many injuries may occur while participating in swimming. Some examples of possible injuries are:

1. muscle sprains and strains
2. joint injuries
3. broken bones
4. heat exhaustion and/or heat stroke
5. ear problems
6. eye injuries
7. cardiovascular incidents
8. allergies
9. drowning

These and other injuries may occur as a result of such hazards as:

1. slipping and falling
2. environmental factors
3. colliding with other people

To help reduce the likelihood of injury to yourself and other students, the following rules need to be followed while in class:

1. walk slowly on the pool deck and in the locker room--these floors are very slippery when wet.
2. use care entering and exiting the water--be considerate of others
3. wear goggles
4. always have a practice partner
5. never enter the pool unless the instructor or a lifeguard is present
6. **ALWAYS** inform the lifeguard that you are a beginner