

**Oxford College**  
**PE 111-Intermediate Swimming**  
**MWF 12:50 – 1:40**  
**Spring 2011**

**Instructor:** Amanda Fischer  
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**Phone:** 770-784-4691

**Office:** Williams Athletic Training Room  
**Hours:** By Appointment Only

**Course Description:** Develops the intermediate swimmer's (one who is not afraid of water, but is not comfortable in deep water) skills in basic strokes and personal safety. In water safety and survival is emphasized.

**Course Objectives:** The purpose of this class is to introduce, discuss, demonstrate and participate in intermediate swimming activities and techniques. The students will be able to perform specific proficiencies of aquatic survival as well as have a greater understanding of the term aquatics.

**Week Of:**

**Activity:**

Jan 12	
Jan 17	Mon – <b>NO CLASS</b> , Wed Introduction Fri Survival Float
Jan 24	Survival Float / Treading Water
Jan 31	Side Stroke
Feb 7	Elementary Back Stroke
Feb 14	Front Crawl (aka Freestyle)
Feb 21	Breaststroke
Feb 28	Mon / Wed Review, Fri <b>Water Midterm</b>
Mar 7	Spring Break <b>NO CLASS</b>
Mar 14	Mon / Wed – Rescue Techniques, Fri – <b>Written Exam 1(Rescue)</b>
Mar 21	Bobbing
Mar 28	Underwater Swimming
Apr 4	Mon / Wed– Brick Retrieval, Fri – CLAD
Apr 11	Mon / Wed Somersaults, Fri- <b>Written Exam 2 (Knowledge)</b>
Apr 18	Mon / Wed– Prep Final, Fri – <b>Water Final</b>
Apr 25	Mon - Make Up Profs

\*Schedule is subject to change

**Attendance:** You are expected to attend all of the class at the scheduled times. **There are no UNEXCUSED absences in this class.** If you have to miss a class, it has to be **serious illness or emergency** and you have to communicate with me before/after in order to make up your missed work. **The maximum three (3) absences (one-week class) may be allowed with my consensus.**

After allowed 3 absences, each subsequent absence will result in a 5% deduction from your final grade per department policy.

Religious Holidays approved by the college may be excused. However, you must inform me and seek approval in advance for each of the holidays. You may also be responsible to make up the missed classes if it is needed.

Students are expected to come to the class on time. If you arrive after roll-call, you are late. Tardiness will affect your participation grade.

**Participation:** Student participation is a key for success in this class. Four(4) points will be given each day for participation as follows:

- 4 = excellent participation of class activities
- 3 = good participation
- 2 = average participation
- 1 = below average participation
- 0 = no participation or absent

**Proficiencies:** Proficiencies will be assessed by a 5 point system for each specific topic. If you earn a 3, 2, or 1 on proficiency you may have a chance to redo the skill with a limit of three proficiencies on Monday, April 25<sup>th</sup>. If you have a zero(0) on a proficiency due to an absence you can choose to make it up on April 25<sup>th</sup>, with the understanding that it will count as three (3) make up proficiencies. All zeros (0) must be made up first. You may not make up the final or any written exam on the makeup day.

Proficiencies for this class will include but are not limited to:

Survival Floating, Treading Water, Side Stroke, Elementary Back Stroke, Breaststroke, Front Crawl (Freestyle), Bobbing, Front Summersault, Back Summersault, Brick Retrieval, Clad Removal Pants, Clad Removal Shirt

**Written Exams:** You will have two (2) written exams in this class. The first exam will be given on Friday, March 18<sup>th</sup>, and will cover rescue techniques. The second exam will be given on Friday, April 15<sup>th</sup>, and will cover safety and strokes. Each exam is worth 15 points. There is no make-up for written exams.

**Swim Midterm:** The swim midterm will be on Friday, March 4<sup>th</sup>. Your performance will be evaluated on your ability to survive in the deep end of the pool for 40 minutes.

**Swim Final:** The swim final will be on Friday, April 22<sup>nd</sup>. Your performance will be evaluated in the following areas: water entry, summersaults, survival float, swim strokes, bobbing and treading.

**Evaluation:** There will be a total of 365 points in this class.

Participation = 41 days x 4 points = 164 points total

Proficiencies = 55 points total

Written Exams = 2 exams x 15 points = 30 points total

Swim Midterm = 28 pts

Swim Final = 74 points total

Total Points = 361 points total

The grading scale for this class is as follows:

361 - 335 = A                      287 - 277 = C+

334 - 324 = A-                    276 - 263 = C

323 - 314 = B+                   262 - 252 = C-

313 - 299 = B                    251 - 216 = D

298 - 288 = B-                   215 - 0 = F

**Attire:** Swim suits are required. Shorts/cutoffs are not permitted. Students may wear additional clothing over swim suits if they so desire. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in a zero (0) for the day. Please keep all personal electronic devices out of the pool area during this class.

**Honor Code:** Article 2.A “A student’s signature on a paper or test submitted for credit shall indicate he/she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.”

**Reminder:** Class activities may include vigorous physical activity. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404-727-6016)

**Reasonable Accommodations for Students with Disabilities:** If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note taking, reading, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of disability Services (404-727-6016) with questions about such services. It is the student’s responsibility to initiate considerations’ all students must self-disclose to ODS and complete the

registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722).

**Grade Appeal Process:** If you wish to contest the final grade you receive in this class you are to put your request to me in writing within five (5) days of the final grades being posted. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the five (5) day deadline.