

PE 103 FITNESS SWIMMING

LOCATION: Swimming Pool
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** RM 103H
SECTION: 12:00A
DAY/TIME: MON/WED/FRI: 12:50 PM - 1:40 PM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 10:30 AM - 12:30 PM

COURSE OBJECTIVES:

1. To understand the benefits of swimming.
2. To develop better swimming mechanics for all competitive strokes.
3. To learn the general principles of exercise science concepts upon which the principles of aerobic (cardiovascular endurance) and strength training (muscular strength and endurance) are based.
4. To understand the importance of flexibility (shoulder and ankle), proper nutrition, and body composition in fitness swimming.
5. To develop and maintain a personal lifetime cardiovascular fitness through swimming.

GRADING SCALES:

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

COURSE OUTLINE:

A. INTRODUCTION:

Fitness Assessment: Pre-test and Post-test

1. Heart Rate: resting & target
2. Upper Body Muscular Endurance Test
3. Abdominal Muscular Endurance Test
4. 500m Swim Test

B. LECTURES (EVERY MONDAY) FOR THE FOLLOWING AREAS WILL BE COVERED:

1. Cardiovascular Endurance
2. Muscular Strength and Endurance
3. Flexibility
4. Nutrition
5. Body Composition
6. Principles of Training
7. Swimming Workout Zones
8. Setting Up A Fitness Training Program

C. CLASS WORK (EVERY WED & FRIDAY):

1. Swimming will be the main activity throughout the semester.

EXAMINATION:

1. **Written Exams [40%]**
 - a. MID-TERM EXAM [20%]
 - b. FINAL EXAM [20%]
2. **Fitness Testing [40%]**
 - a. 500m swim test [20%]
 - b. Using results of the post-test [10%]
Better = 100% no change = 75% worst = 50%
 - c. Using the time of 3 test-swim [10%]
3 best = 100% 2 best = 75% 1 best = 50%
3. **Paper: Setting Up A Fitness Swimming Program [20%]**

SUGGESTED READING TEXT BOOKS:

Total Fitness: Exercise, Nutrition, and Wellness by Scott Powers and Stephen Dodd.
American Red Cross: Swimming & Diving by Mosby Lifeline.
Fitness Swimming by Emmett W. Hines.

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 5 bonus points will be added to the final grade for the 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 Oxford College's catalog.

WK	DATE	DAY	ACTIVITIES	COMMENT
1	8/29	WED		
	8/31	FRI	INTRODUCTION	
2	9/3	MON	NO CLASS	LABOR DAY HOLIDAY
	9/5	WED	PRE-TEST	500 SWIM TEST; MUSCULAR ENDURANCE TESTS
	9/7	FRI	FREESTYLE	BALANCING DRILLS
3	9/10	MON	LIBRARY ASSIGNMENT	US DEPARTMENT OF JUSTICE
	9/12	WED	FREESTYLE	SWIMMING DOWNHILL
	9/14	FRI	BACK STROKE	BALANCING DRILLS
4	9/17	MON	CARDIOVASCULAR FITNESS	WAYS TO IMPROVE CV FITNESS
	9/19	WED	BACK STROKE	LONG AXIS ROTATION
	9/21	FRI	BREASTSTROKE	PULL-KICK COORDINATION
5	9/24	MON	MUSCULAR STRENGTH	EVALUATION OF MUSCULAR STRENGTH & ENDU
	9/26	WED	BREASTSTROKE	SHORT AXIS ROTATION
	9/28	FRI	BUTTERFLY	DRILLS THAT HELP TO SWIM FLY EASY
6	10/1	MON	MUSCULAR ENDURANCE	WAYS TO IMPROVE MUSCULAR S&E
	10/3	WED	SWIM TEST 1	CHECKING THE BASELINE
	10/5	FRI	REVIEW FOR MID TERM	
7	10/8	MON	MID TERM EXAM	
	10/10	WED	INDIVIDUAL MEDLEY	PACING TECHNIQUE
	10/12	FRI	INDIVIDUAL MEDLEY	URNS
8	10/15	MON	NO CLASS	MIDSEMESTER BREAK
	10/17	WED	FITNESS SWIMMING	AEROBIC TRAINING
	10/19	FRI	FITNESS SWIMMING	AEROBIC TRAINING
9	10/22	MON	FLEXIBILITY	WAYS TO IMPROVE SWIMMING FLEXIBILITY
	10/24	WED	SWIM TEST 2	MONITORING PROGRESS
	10/26	FRI	FITNESS SWIMMING	AEROBIC THRESHOLD
10	10/29	MON	NUTRITION	MACRO NUTRIENTS
	10/31	WED	FITNESS SWIMMING	ANAEROBIC TRAINING
	11/2	FRI	FITNESS SWIMMING	ANAEROBIC TRAINING
11	11/5	MON	NUTRITION	MICRO NUTRIENTS
	11/7	WED	FITNESS SWIMMING	ANAEROBIC THRESHOLD
	11/9	FRI	FITNESS SWIMMING	ANAEROBIC THRESHOLD
12	11/12	MON	BODY COMPOSITION	WAYS TO EVALUATE BODY COMPOSITION
	11/14	WED	SWIM TEST 3	MONITORING PROGRESS
	11/16	FRI	FITNESS SWIMMING	LACTATE TOLERANCE
13	11/19	MON	WEIGHT MANAGEMENT	CALORIC INTAKE & EXPENDITURE
	11/21	WED	FITNESS SWIMMING	HOW TO TAP DIFFERENT ENERGY SYSTEMS
	11/23	FRI	NO CLASS	THANKSGIVING HOLIDAY
14	11/26	MON	DIET ANALYSIS	WT MGR USING DIET-ANALYSIS
	11/28	WED	PROJECTS	ATTEND US OPEN SWIMMING CHAMPIONSHIPS
	11/30	FRI	PROJECTS	ATTEND US OPEN SWIMMING CHAMPIONSHIPS
15	12/3	MON	REVIEW FOR FINAL	
	12/5	WED	FITNESS SWIMMING	DESCENDING STRATEGIES

	12/7	FRI	POST-TEST	500 SWIM TEST
16	12/10	MON	FINAL EXAM	
	12/12	WED		
	12/14	FRI		