

PE 111 ADVANCED BEGINNING SWIMMING

LOCATION: Swimming Pool
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** RM 103H
SECTION: 9:00A
DAY/TIME: MON/WED/FRI: 9:35 AM - 10:25 AM.
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. 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:

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; 10 m underwater swim; and treading water.
 - b. Clad swim.
 - c. Bobbing/20 breaths test.
7. Fitness Swim:
 - a. 12 MIN Swim Test.

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 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 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 the 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	FRONTCRAWL	BALANCING SKILLS; KICK
	9/7	FRI	FRONTCRAWL	BALANCING SKILLS; ARMS PULL
3	9/10	MON	LIBRARY ASSIGNMENT	US DEPARTMENT F JUSTICE
	9/12	WED	BACKCRAWL	BALANCING SKILLS; KICK
	9/14	FRI	BACKCRAWL	BALANCING SKILLS; ARMS PULL
4	9/17	MON	BACKCRAWL	PUTTING THE STROKE TOGETHER
	9/19	WED	BREASTSTROKE	ARMS PULL; SCULLING
	9/21	FRI	BREASTSTROKE	BREAST KICK; GLIDING
5	9/24	MON	BREASTSTROKE	PUTTING THE STROKE TOGETHER
	9/26	WED	ELEMENTARY BACK	ARMS PULL; SUPINE FLOAT
	9/28	FRI	ELEMENTARY BACK	ELEMENTARY BACK KICK; GLIDING
6	10/1	MON	ELEMENTARY BACK	PUTTING THE STROKE TOGETHER
	10/3	WED	SIDESTROKE	ARMS PULL; COORDINATION
	10/5	FRI	SIDESTROKE	SCISSORS KICK; COORDINATION
7	10/8	MON	SIDESTROKE	PUTTING THE STROKE TOGETHER
	10/10	WED	REVIEW FOR MID TERM	
	10/12	FRI	MID TERM EXAM	
8	10/15	MON	NO CLASS	MIDSEMESTER BREAK
	10/17	WED	CLAD SWIM	INFLATING SHIRT
	10/19	FRI	CLAD SWIM	INFLATING PANTS
9	10/22	MON	CLAD TEST	
	10/24	WED	EFFICIENCY SKILLS	SURVIVAL SWIM/FLOATS
	10/26	FRI	EFFICIENCY SKILLS	BOBBING
10	10/29	MON	EFFICIENCY SKILLS	20 BREATHS
	10/31	WED	EFFICIENCY SKILLS	TREADING WATER
	11/2	FRI	EFFICIENCY SKILLS	FRONT-BACK SOMERSAULTS
11	11/5	MON	EFFICIENCY SKILLS	UNDER WATER SWIM
	11/7	WED	EFFICIENCY SKILLS	REVIEW ALL SKILLS
	11/9	FRI	FITNESS SWIM	PACING
12	11/12	MON	FITNESS SWIM	PACING
	11/14	WED	FITNESS SWIM	DESCENDING
	11/16	FRI	FITNESS SWIM	DESCENDING
13	11/19	MON	DROWNPROOFING TEST	
	11/21	WED	DROWNPROOFING TEST	
	11/23	FRI	NO CLASS	THANKSGIVING HOLIDAY
14	11/26	MON	FITNESS SWIM	STROKE IMPROVEMENT
	11/28	WED	PROJECTS	ATTEND US OPEN SWIMMING CHAMPIONSHIPS
	11/30	FRI	PROJECTS	ATTEND US OPEN SWIMMING CHAMPIONSHIPS
15	12/3	MON	STROKE TEST	
	12/5	WED	12 MIN SWIM TEST	
	12/7	FRI	REVIEW FOR FINAL	
16	12/10	MON	FINAL EXAM	
	12/12	WED		

12/14	FRI		
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