

OXFORD COLLEGE
PE 112 – Advanced Beginning Swimming

Instructor: Dr. Jasmin Hutchinson

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Office Hours: M,W,F 10-10:30am. T,Th 10:30-11:30am and other times by appt.

Catalog Description: For students who are not afraid of deep water but are not good swimmers. Development of stroke mechanics and personal water safety skills. Drownproofing techniques are stressed.

Course Objectives:

1. Develop drown proofing techniques which will allow you to survive for extended periods of time in the water
2. Acquire general knowledge of basic water safety and emergency water safety
3. Acquire general knowledge of hydrodynamic principles
4. Swimming stroke refinement

Text: There is no text for this class. Resource materials will be given out in class and/or posted on the class conference

Course Topics: Please refer to the course calendar.

NOTE: Class notes and important updates will be posted on your Learnlink site for this class. You are responsible for all information posted to the Learnlink site.

Activities: The student will be involved in class discussion and participation, in-class assignments, homework projects, and PHYSICAL ACTIVITY (i.e. swimming).

Evaluation: The final grade will be based on:

Swimming Skills	80%.
Written tests	15%.
Out of class practices	5%.

Grading Scale:

100-93%	A	79-77%	C+
92-90%	A-	76-73%	C
89-87%	B+	72-70%	C-
86-83%	B	69-60%	D
82-80%	B-	< 60%	F

Assignments:

Written tests – Three written tests on topics covered in class. Each test is worth 5 points.

Practices - You are required to practice at the pool outside of class a **minimum** of five times. Each time you practice you need to complete the sign-in sheet. A practice session must be 30 minutes or longer to count.

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Swimming Skill Tests:

▪ **Final exam/Efficiency test (25 points)**

For the efficiency test students must use at least 30 minutes to do the skills listed in the following order:

- a. Jump into 13ft depth from the side of the pool
- b. Demonstrate a front flip and a back flip (without arms)
- c. Retrieve a pair of goggles (without arms) from 8ft depth
- d. Swim a prescribed distance completely underwater (without arms/legs)
- e. Use the remaining time doing the survival float/stroke

▪ **Clad swim (10 points)**

Students must wear long sleeved shirts and long pants and demonstrate the following:

- a. 15 min survival stroke, elementary backstroke or sidestroke
- b. Use clothing as a flotation device for 10 min

▪ **Timed swim (10 points)**

Swim (any stroke) a set distance in 10 minutes (see handout for grading scale).

▪ **Underwater Swim (5 points)**

Swim a prescribed distance completely underwater

▪ **Bobbing Test (5 points)**

With hands behind back and legs together bob in 7ft depth for 5 min

▪ **Brick Retrieval Test (5 points)**

Swim 20 yards, retrieve brick from 8ft depth, and swim back 20 yards with the brick

▪ **20 Breaths Test (5 points)**

In 13ft depth, with hands behind back and legs together float until 20 breaths have been taken

Rescue techniques (5 points)

Demonstrate simple rescue assists and knowledge of how to respond to an aquatic emergency

▪ **Strokes Test (10 points)**

Students will be evaluated on the following strokes:

- a. Elementary backstroke
- b. Sidestroke
- c. Front crawl
- d. Breaststroke
- e. Backstroke

*** All tests must be taken on the day that the test is scheduled. LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP. If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with Dr. Hutchinson **before** the day that will be missed.

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Class Attendance:	<p>Students are required to come to class. Each student will be allocated <u>three</u> unexcused absences. Each additional absence will result in -5 PTS. to the final point total. <u>If the student has accumulated a total of 8 absences or more the final grade will result in an "F".</u> If you do not feel well enough to participate come to class anyway!! There are other ways you can contribute so your grade will not be penalized. If you believe you have justification for an absence to be excused you MUST discuss this Dr. Hutchinson in person, and authentic documentation must be provided on the first day back to class. There will be no exceptions.</p> <p>**If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services (Cathi Wentworth).</p>
Lateness:	<p>Lateness will NOT be tolerated! <i>You are expected to be on the pool deck in swimming attire ready to participate at the start of class time.</i> <u>Every third time</u> you are late (not in class within the first <u>five minutes</u> of start time) you will be penalized an absence.</p>
Important Information:	<p><u>Reasonable accommodation for students with disabilities:</u> If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, 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).</p> <p><u>Reminder:</u> Class activities may include vigorous physical activity. If you have any medical condition or physical problems to 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).</p>
Dress code:	<p>Bathing suits and goggles are required. Shorts and cut offs are not permitted. Students may wear additional clothing over the bathing suits if they wish. Street shoes are not allowed on the pool deck. Failure to wear required attire will result in an absence. NO cell phones/ pagers in class</p>
HONOR CODE:	<p>I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under dictates of the Honor Code Any violation of Oxford College's HONOR CODE will not be tolerated.</p>
Grade Appeal Process:	<p>If you wish to contest the final grade you receive in this class you are to put your request to me in writing within 5 days of 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 5 day deadline.</p>

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Course Calendar

AUGUST	
TH 31	Pool
SEPTEMBER	
TU 5	Classroom - Course introduction, basic aquatic skills, hydrodynamics
TH 7	Pool
TU 12	Pool
TH 14	Pool
TU 19	Classroom - Quiz 1 and strokes video
TH 21	Pool
TU 26	Pool
TH 28	Pool
OCTOBER	
TU 3**	Pool
TH 5	Classroom – Water safety and rescue and Quiz 2
TU 10	<i>Fall Break – No class</i>
TH 12	Quiz 3 then to pool
TU 17	Pool
TH 19	Pool – rescue techniques test
TU 24	Pool
TH 26	Pool – underwater swim test
TU 31	Pool
NOVEMBER	
TH 2	Pool – brick retrieval
TU 7	Pool
TH 9	Pool – bobbing test and 20 breaths test
TU 14	Pool
TH 16	Pool – clad swim test
TU 21	Pool
TH 23	<i>Thanksgiving – No class</i>
TU 28	Pool
TH 30	Pool – strokes test
DECEMBER	
TU 5	Pool
TH 7	Pool – timed swim test
TU 12	FINAL EXAM

Note: Syllabus and course outline is subject to change. Instructor will provide notice of such changes.

** Dr. Hutchinson back from maternity leave