

PE 103 FITNESS SWIMMING

LOCATION: Swimming Pool & Class Rm. # 8
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** Gym 2
SECTION: 1:00A
DAY/TIME: MON/WED/FRI: 1:00 - 2:00 PM
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 11 AM – 12 PM; Tuesday/Thursday: 10-11 AM

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. Flexibility Test
3. Sit-ups
4. Push-ups
5. 12 min swim test

B. LECTURES 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:

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

EXAMINATION:

1. **Written Exams [50%]**
 - a. MID-TERM EXAM [25%]
 - b. FINAL EXAM [25%]
2. **Fitness Testing [40%]**
 - a. 12 min swim test [20%]
 - b. Using results of the post-test [10%]
better = 100% no change = 75% worst = 50%
 - c. Using the time of 4 test-swim [10%]
4 best = 100% 3 best = 75% 2 best = 50% 1 best = 25%
3. **Non-Class Workouts [10%]**

Each session must be at least 30 minutes of large muscle movement.
Homework is graded weekly; the final homework grade is the average of all weeks, with the lowest grade dropped.
100 = 4/wk ; 90 = 3/wk; 70 = 2/wk; 60 = 1/wk

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. Three (3) 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. Five bonus points will be added to the final grade for student who does not miss any classes during the semester; three bonus points will be given to those who missed only one class; and one bonus point will be given to student who missed 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 as absences.

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.

SPRING 2000
PE 103: 1:00A [MWF]
CLASS CALENDER

| WEEK | DAY | DATE | ACTIVITIES | ASSIGNMENT |
|-------------|------------|-------------|---------------------------------------|-------------------|
| 1 | WED | 1/19 | INTRODUCTION | |
| | FRI | 1/21 | FA: PRE-TEST | |
| 2 | MON | 2/24 | LEC 1: CARDIOVASCULAR ENDURANCE | |
| | | | REVIEW FREESTYLE | |
| | WED | 2/26 | LEC 1: CARDIOVASCULAR ENDURANCE | |
| | | | REVIEW BACKSTROKE | |
| | FRI | 2/28 | LEC 1: CARDIOVASCULAR ENDURANCE | |
| | | | REVIEW BREASTSTROKE | |
| 3 | MON | 2/31 | LEC 1: CV ENDURANCE, REVIEW BUTTERFLY | |
| | WED | 2/2 | SWIM TEST NO. 1 | |
| | FRI | 2/4 | LEC 2: MUSCULAR STRENGTH & ENDURANCE | |
| | | | STROKE IMPROVEMENT | |
| 4 | MON | 2/7 | LEC 2: MUSCULAR STRENGTH & ENDURANCE | |
| | | | STROKE IMPROVEMENT | |
| | WED | 2/9 | LEC 2: MUSCULAR STRENGTH & ENDURANCE | |
| | | | AEROBIC SWIM TRAINING | |
| | FRI | 2/11 | VIDEO: STARTS & TURNS | |
| 5 | MON | 2/14 | LEC 3: NUTRITION | |
| | | | FARTLEK TRAINING | |
| | WED | 2/16 | LEC 3: NUTRITION | |
| | | | FARTLEK TRAINING | |
| | FRI | 2/18 | LEC 3: NUTRITION | |
| | | | FARTLEK TRAINING | |
| 6 | MON | 2/21 | LEC 3: NUTRITION | |
| | | | FARTLEK TRAINING | |
| | WED | 2/23 | LEC 4: FLEXIBILITY | |
| | | | SWIM TEST NO. 2 | |
| | FRI | 2/25 | LEC 5: BODY COMPOSITION | |
| | | | OVER DISTANCE TRAINING | |
| 7 | MON | 2/28 | LEC 5: WT CONTROL | |
| | | | OVER DISTANCE TRAINING | |
| | WED | 3/1 | REVIEW FOR MID-TERM | |
| | FRI | 3/3 | MID-TERM EXAM [LEC 1 - 5] | |
| 8 | MON | 3/6 | LEC 6: PRINCIPLES OF TRAINING | |
| | | | OVER DISTANCE TRAINING | |
| | WED | 3/8 | LEC 6: PRINCIPLES OF TRAINING | |
| | | | OVER DISTANCE TRAINING | |
| | FRI | 3/10 | LEC 6: PRINCIPLES OF TRAINING | |
| | | | INTERVAL TRAINING | |

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| 9 | MON | 3/13 | LEC 6: PRINCIPLE OF TRAINING INTERVAL TRAINING |
| | WED | 3/15 | LEC 6: PRINCIPLES OF TRAINING SWIM TEST NO. 3 |
| | FRI | 3/17 | LEC 6: PRINCIPLES OF TRAINING ANAEROBIC TRAINING |
| 10 | MON | 3/20 | LEC 7: TRAINING PHASES/ZONES ANAEROBIC THRESHOLD TRAINING |
| | WED | 3/22 | LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING |
| | FRI | 3/24 | LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING |
| 11 | MON | 3/27 | LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING |
| | WED | 3/29 | LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING |
| | FRI | 3/31 | LEC 7: TRAINING PHASES/ZONES FITNESS SWIMMING |
| 12 | MON | 4/3 | LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING |
| | WED | 4/5 | LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING SWIM TEST NO. 4 |
| | FRI | 4/7 | LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING |
| 13 | MON | 4/10 | LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING |
| | WED | 4/12 | LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING |
| | FRI | 4/14 | LEC 8: SETTING UP A FITNESS PROGRAM FITNESS SWIMMING |
| 14 | MON | 4/17 | FITNESS SWIMMING |
| | WED | 4/19 | FITNESS SWIMMING |
| | FRI | 4/21 | 12 MIN SWIM TEST |
| 15 | MON | 4/24 | FA: POST-TEST |
| | WED | 4/26 | REVIEW FOR FINAL EXAM/MAKE UP |
| | FRI | 4/28 | REVIEW FOR FINAL EXAM |
| 16 | MON | 5/1 | FINAL EXAM [LEC 6 -8] |