

PE 111 ADVANCED BEGINNING SWIMMING

LOCATION: Swimming Pool
INSTRUCTOR: Dr. Yit Aun Lim **OFFICE:** S Gym Trailer RM 3
SECTION: 1:00A
DAY/TIME: MON/WED/FRI: 1:00 PM - 2:00 PM.
PHONE NO.: (770) 784-4675 **ON CAMPUS:** 4-4675
E-MAIL: ylim@learnlink.emory.edu
OFFICE HOUR: Monday/Wednesday/Friday: 10:00 - 11:00 AM;
Tuesday/Thursday: 1:00 - 2:30 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; retrieval of brick from bottom of the pool (7 foot depth); underwater swim; treading water.
 - b. Clad swim.
 - c. Bobbing/20 breaths test.
7. Fitness Swim:
 - a. 12 MIN Swim Test.

EMORY UNIVERSITY



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EXAMINATION:

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| 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.

SPRING 2001**PE 111: 01A [MWF]****CLASS CALENDER**

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1	WED	1/17	INTRODUCTION	
	FRI	1/19	FRONT CRAWL <ul style="list-style-type: none">• BALANCING WITH BOTH HANDS ON SIDE (BHOS)• BALANCING WITH ONE ARM EXTENDED (AEXT)• BALANCING (BHOS) & KICK ON SIDE• BALANCING (AEXT) & KICK ON SIDE	
2	MON	1/22	FRONT CRAWL STROKING FREESTYLE WITH AND WITHOUT KICK BOARD: <ul style="list-style-type: none">• BOTH HANDS IN FRONT [CATCH-UP DRILL]• ONE HAND ON SIDE [ONE ARM DRILL]	
	WED	1/24	BACK CRAWL <ul style="list-style-type: none">• SUPINE FLOAT: BALANCING• SUPINE KICK: BHOS & AEXT• SIDE KICKING WITH HEAD LOOKING STRAIGHT UP	
	FRI	1/26	BACK CRAWL <ul style="list-style-type: none">• ONE ARM BACKSTROKE: 6-6 DRILL	
3	MON	1/29	BREASTSTROKE <ul style="list-style-type: none">• PRONE BREAST KICK• SUPINE BREAST KICK• VERTICAL BREAST KICK• TREADING WATER: EGG-BEATER KICK	
	WED	1/31	BREASTSTROKE <ul style="list-style-type: none">• SCULLING SKILLS• KICK DRILL: 1 PULL/2 KICK• PULL DRILL: 2 PULL/1 KICK• TIMING: PULL/BREATH/KICK/GLIDE	
	FRI	2/2	WATCH VIDEO: FREE, BACK, BREAST	
4	MON	2/5	ELEMENTARY BACKSTROKE <ul style="list-style-type: none">• SUPINE BREAST KICK & BALANCING• ARM PULL & RECOVERY	
	WED	2/7	ELEMENTARY BACKSTROKE <ul style="list-style-type: none">• BREATHING & TIMING OF PULL & RECOVERY• SUPINE BALANCING & GLIDING	

	FRI	2/9	SIDESTROKE <ul style="list-style-type: none"> • PULL PATTERN: LEADING & TRAILING ARMS • KICK PATTERN: SCISSORS KICK
5	MON	2/12	SIDESTROKE <ul style="list-style-type: none"> • BREATHING & TIMING OF PULL & RECOVERY • SIDE BALANCING & GLIDING
	WED	2/14	WATCH VIDEO: ELEMENTARY BACK & SIDESTROKE
	FRI	2/16	REVIEW OF ALL 5 STROKES
6	MON	2/19	CLAD SWIM/SURVIAL FLOAT/SWIM
	WED	2/21	PRACTICE CLAD SWIM: INFLATING SHIRT
	FRI	2/23	PRACTICE CLAD SWIM: INFLATING PANTS
7	MON	2/26	CLAD TEST
	WED	2/28	REVIEW FOR MID-TERM
	FRI	3/2	MID-TERM EXAM [CH 1,2,4,5,6]
8	MON	3/5	EFFICIENCY SKILLS
	WED	3/7	EFFICIENCY SKILLS
	FRI	3/9	PRACTICE/REVIEW: EFFICIENCY SKILLS
9	MON	3/12	SPRING BREAK
	WED	3/14	SPRING BREAK
	FRI	3/16	SPRING BREAK
10	MON	3/19	EFFICIENCY TEST/BOBBING TEST
	WED	3/21	FITNESS SWIMMING: FARTLEK TRAINING
	FRI	3/23	FITNESS SWIMMING: DISTANCE TRAINING
11	MON	3/26	FITNESS SWIMMING: SPRINT TRAINING
	WED	3/28	FITNESS SWIMMING: AEROBIC TRAINING
	FRI	3/30	FITNESS SWIMMING: ANAEROBIC TRAINING
12	MON	4/2	FITNESS SWIM/DISTANCE PER STROKE
	WED	4/4	FITNESS SWIM/PACING
	FRI	4/6	FITNESS SWIM/INTERVAL SWIM
13	MON	4/9	FITNESS SWIM/STRATEGY FOR 12 MIN SWIM
	WED	4/11	12 MIN PRACTICE SWIM
	FRI	4/13	12 MIN SWIM TEST

14	MON	4/16	REVIEW STROKES/STROKE IMPROVEMENT
	WED	4/18	REVIEW STROKES/STROKE IMPROVEMENT
	FRI	4/20	REVIEW STROKES/STROKE IMPROVEMENT
15	MON	4/23	MAKE-UP DAY FOR ALL TEST
	WED	4/25	STROKE TEST
	FRI	4/27	REVIEW FOR FINAL
16	MON	4/30	FINAL WRITTEN EXAM [CH 9-13]

**PE 111 ADVANCED BEGINNING SWIMMING
12-MINUTE SWIM TEST**

MALES

<u>Length</u>	<u>Meters</u>	<u>Grade</u>
8	200	40
8.5	212	42
9	225	44
9.5	237	46
10	250	48
10.5	262	50
11	275	52
11.5	287	54
12	300	56
12.5	312	58
13	325	60
13.5	337	62
14	350	64
14.5	362	66
15	375	68
15.5	387	70
16	400	73
16.5	412	75
17	425	77
17.5	437	79
18	450	82
18.5	462	84
19	475	86
19.5	487	89
20	500	92
20.5	512	94
21	525	96
21.5	537	98
22-above	550	100

FEMALES

<u>Length</u>	<u>Meters</u>	<u>Grade</u>
8	200	50
8.5	212	52
9	225	54
9.5	237	56
10	250	58
10.5	262	60
11	275	62
11.5	287	64
12	300	66
12.5	312	68
13	325	70
13.5	337	72
14	350	74
14.5	362	76
15	375	78
15.5	387	80
16	400	83
16.5	412	85
17	425	87
17.5	437	89
18	450	91
18.5	462	93
19	475	95
19.5	487	97
20-above	500	100

PE 111 SKILL TEST DESCRIPTIONS AND GRADING

1. STROKE TEST [20% FINAL GRADE]

- SWIM EACH OF THE FIVE STROKES FOR 2 LENGTH OF THE POOL (50M).
- YOU WILL BE GRADED ON YOUR KICK, ARM PULL, BREATHING, GLIDE, AND COORDINATION.

GRADE: EACH PART OF THE STROKE (KICK, PULL, ETC.,) COUNTS 1 POINT, A TOTAL OF 20 POINTS FOR 5 STROKES.

2. 12 MINUTE FITNESS SWIM TEST [10% OF FINAL GRADE]

- USE ANY OF THE STROKES WE HAVE LEARNED THIS SEMESTER, SWIM FOR 12 MINUTES FOR AS FAST AND AS FAR AS YOU CAN.

GRADE: SEE SEPARATE SHEET FOR DISTANCE REQUIREMENT AND GRADING.

SPECIAL CIRCUMSTANCES: OTHER GRADING METHODS CAN BE DISCUSSED UPON REQUEST AT THE BEGINNING OF THE SEMESTER.

3. DROWNPROOFING [40% OF FINAL GRADE]

A. 30 MIN CLAD SURVIVAL FLOAT/SWIM [15% OF FINAL GRADE]

- YOU MUST SWIM THE SURVIVAL STROKE, OR ANY OTHER STROKES WHICH DOES NOT REQUIRE ARMS COMING OUT OF WATER FOR AT LEAST THE FIRST 10 MINUTE.
- THEN INFLATE YOUR SHIRT AND FLOAT MOTIONLESS UNTIL YOU ARE SIGNALLED TO INFLATE YOUR PANTS. AFTER INFLATING YOUR PANTS, FLOAT MOTIONLESS UNTIL YOU ARE SIGNALLED TO CONTINUE THE REST.
- SURVIVAL FLOAT: USING THE SURVIVAL FLOAT WITH ARMS BEHIND YOUR BACK UNTIL THE REMAINING TIME IS UP.

GRADE: COMPLETE TIME = 15
INCOMPLETE TIME OR TOUCH THE WALL = 9
10% PENALTY IF FLOATATION IS INADEQUATE

B. BOBBING/20 BREATHS TEST [10% OF FINAL GRADE]

- BOB IN WATER (AT LEAST 1 FOOT DEEPER THAN YOUR HEAD) NON-STOP FOR 5 MINUTES. YOU MUST TOUCH THE BOTTOM OF THE POOL EACH TIME YOU SUBMERGE, AND YOU MUST SUBMERGE IMMEDIATELY AFTER YOU SURFACE FOR EACH BREATH. YOUR ARMS MUST STAY BEHIND YOUR BACK.

GRADE: 1 COMPLETE MINUTE = 1 POINT; 5 MIN = 5 PTS

- WHEN SIGNALLED, PERFORM FRONT FLIP AND BOB 2 MORE TIMES AFTER THE FLIP. DO THE SAME THING WITH THE BACK FLIP. YOUR ARMS MUST STAY BEHIND YOUR BACK DURING FLIPS.

GRADE: 1 POINTS FOR EACH FLIP

- BEGIN AT 7 FT WATER, SWIM TO THE DEEP WATER AND PERFORM A BACK FLIP FOLLOWED BY 20 BREATHS NON-STOP.

GRADE: 2 PTS FOR THE BACK FLIP. 1 PT FOR THE 20 BREATHS TEST.

C. 30 MINUTE EFFICIENCY TEST [15% OF FINAL GRADE]

YOU WILL PERFORM A SERIES OF SKILLS DURING THIS TEST, BUT YOU WILL RECEIVE YOUR GRADE ONLY IF YOU COMPLETE THE ENTIRE 30 MINUTE DURATION OF THE TEST

- **FRONT/BACK SOMERSAULT. YOU WILL PERFORM THE SURVIVAL SWIM/FLOAT AND DO THE FRONT/BACK SOMERSAULTS COMPLETELY SUBMERGED WHEN SIGNALLED. YOUR ARMS MUST BE BEHIND YOUR BACK DURING THE FLIPS.**

**GRADE: NO BREATH BETWEEN FLIPS = 5 PTS
WITH BREATH = 3 PTS**

- **UNDERWATER SWIM. YOU WILL PERFORM THE SURVIVAL SWIM/FLOAT TO THE DEEP END T. WHEN SIGNALLED, BEGIN ABOVE THE T AND SWIM [WITH ARMS BEHIND YOUR BACK AND BODY FULLY SUBMERGED] UNTIL YOUR BODY IS BEYOND THE BRICK ON THE BOTTOM OF THE POOL.**

**GRADE: COMPLETE DISTANCE = 4 PTS
HALF THE DISTANCE = 2 PTS**

- **TREADING WATER. YOU WILL PERFORM THE SURVIVAL SWIM/FLOAT TO THE DEEP END, AND TREAD WATER FOR 6 MINUTE.**

GRADE: 1 COMPLETE MINUTE = 1 POINT; 6 MIN = 6 PTS

IF YOU PERFORM THE SURVIVAL SWIM/FLOAT AND ALL THE THREE SKILLS ABOVE WITHOUT ANY STRUGGLE, YOU WILL RECEIVE EXTRA 3 POINTS. HOWEVER, WITH OBVIOUS STRUGGLE, YOU WILL RECEIVE 1 PT.