

## PE 111 ADVANCED BEGINNING SWIMMING

**LOCATION:** Swimming Pool  
**INSTRUCTOR:** Dr. Yit Aun Lim      **OFFICE:** Gym 2  
**SECTION:** 9:00A  
**DAY/TIME:** MON/WED/FRI: 9:00 AM - 10:00 AM.  
**PHONE NO.:** (770) 784-4675      **ON CAMPUS:** 4-4675  
**E-MAIL:** ylim@learnlink.emory.edu  
**OFFICE HOUR:** Monday/Wednesday/Friday: 11AM - 12 PM; Tuesday/Thursday: 10-11 AM

### 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 technique skills that will allow you to survive for extended periods of time in water.
3. Acquire general and emergency water safety skills.
4. Improve different stroke techniques that 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: [CH 1]

B. AQUATICS SAFETY: [CH 2]

1. Basic Safety Guidelines.
2. Open Water Safety.
3. Safety in different environment.

C. BASIC SKILLS: [CH 6]

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 minute fitness swim.

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8. Others [if time permits]:
  - a. Surface Dive; Starts & Turns; and Basic & Emergency Water Safety Skills.

**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 (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. 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 missed one class; and one (1) point will be added for those 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 111: 9:00A [MWF] CLASS CALENDER**

<b>WEEK</b>	<b>DAY</b>	<b>DATE</b>	<b>ACTIVITIES</b>	<b>ASSIGNMENT</b>
1	WED	1/19	INTRODUCTION	
	FRI	1/21	<b>FRONT CRAWL</b> <ul style="list-style-type: none"><li>• BALANCING WITH BOTH HANDS ON SIDE (BHOS)</li><li>• BALANCING WITH ONE ARM EXTENDED (AEXT)</li><li>• BALANCING (BHOS) &amp; KICK ON SIDE</li><li>• BALANCING (AEXT) &amp; KICK ON SIDE</li></ul>	
2	MON	1/24	<b>FRONT CRAWL</b> STROKING FREESTYLE WITH AND WITHOUT KICK BOARD: <ul style="list-style-type: none"><li>• BOTH HANDS IN FRONT [CATCH-UP DRILL]</li><li>• ONE HAND ON SIDE [ONE ARM DRILL]</li></ul>	
	WED	1/26	<b>BACK CRAWL</b> <ul style="list-style-type: none"><li>• SUPINE FLOAT: BALANCING</li><li>• SUPINE KICK: BHOS &amp; AEXT</li><li>• SIDE KICKING WITH HEAD LOOKING STRAIGHT UP</li></ul>	
	FRI	1/28	<b>BACK CRAWL</b> <ul style="list-style-type: none"><li>• ONE ARM BACK STROKE</li><li>• 6-6 DRILL</li></ul>	
	MON	1/31	<b>BREASTSTROKE</b> <ul style="list-style-type: none"><li>• PRONE BREAST KICK</li><li>• SUPINE BREAST KICK</li><li>• VERTICAL BREAST KICK</li><li>• TREADING WATER: EGG-BEATER KICK</li></ul>	
3	WED	2/2	<b>BREASTSTROKE</b> <ul style="list-style-type: none"><li>• SCULLING SKILLS</li><li>• KICK DRILL: 1 PULL/2 KICK</li><li>• PULL DRILL: 2 PULL/1 KICK</li><li>• TIMING: PULL/BREATH/KICK/GLIDE</li></ul>	
	FRI	2/4	<b>ELEMENTARY BACKSTROKE</b> <ul style="list-style-type: none"><li>• SUPINE BREAST KICK &amp; BALANCING</li><li>• ARM PULL &amp; RECOVERY</li></ul>	
	MON	2/7	<b>ELEMENTARY BACKSTROKE</b> <ul style="list-style-type: none"><li>• BREATHING &amp; TIMING OF PULL &amp; RECOVERY</li><li>• SUPINE BALANCING &amp; GLIDING</li></ul>	
4	WED	2/9	<b>SIDESTROKE</b> <ul style="list-style-type: none"><li>• PULL PATTERN: LEADING &amp; TRAILING ARMS</li><li>• KICK PATTERN: SCISSORS KICK</li></ul>	

5	<b>FRI</b>	<b>2/11</b>	<b>WATCH ARC VIDEO: STROKES</b>
	<b>MON</b>	<b>2/14</b>	<b>SIDESTROKE</b> <ul style="list-style-type: none"> <li>• BREATHING &amp; TIMING OF PULL &amp; RECOVERY</li> <li>• SIDE BALANCING &amp; GLIDING</li> </ul>
6	<b>WED</b>	<b>2/16</b>	<b>REVIEW OF ALL 5 STROKES</b>
	<b>FRI</b>	<b>2/18</b>	<b>WATCH ARC VIDEO: TURNS</b>
	<b>MON</b>	<b>2/21</b>	<b>PRACTICE TURNS</b>
	<b>WED</b>	<b>2/23</b>	<b>REVIEW MID-TERM</b>
7	<b>FRI</b>	<b>2/25</b>	<b>CLAD SWIM</b>
			<b>INFLATING SHIRT &amp; PANTS</b>
	<b>MON</b>	<b>2/28</b>	<b>PRACTICE CLAD SWIM</b>
	<b>WED</b>	<b>3/1</b>	<b>CLAD TEST</b>
8	<b>FRI</b>	<b>3/3</b>	<b>MID-TERM EXAM [CH1,2,4,5,6]</b>
	<b>MON</b>	<b>3/6</b>	<b>EFFICIENCY SKILLS</b>
	<b>WED</b>	<b>3/8</b>	<b>BOBBING/20 BREATHS</b>
	<b>FRI</b>	<b>3/10</b>	<b>PRACTICE ON ALL EFFICIENCY SKILLS/BOBBING/20 BREATHS</b>
9	<b>MON</b>	<b>3/13</b>	<b>SPRING BREAK</b>
	<b>WED</b>	<b>3/15</b>	<b>SPRING BREAK</b>
	<b>FRI</b>	<b>3/17</b>	<b>SPRING BREAK</b>
10	<b>MON</b>	<b>3/20</b>	<b>REVIEW ALL EFFICIENCY SKILLS</b>
	<b>WED</b>	<b>3/22</b>	<b>PRACTICE ON ALL EFFICIENCY SKILLS/BOBBING/20 BREATHS</b>
	<b>FRI</b>	<b>3/24</b>	<b>EFFICIENCY TEST/BOBBING TEST</b>
11	<b>MON</b>	<b>3/27</b>	<b>FITNESS SWIMMING: INTERVAL TRAINING</b>
	<b>WED</b>	<b>3/29</b>	<b>FITNESS SWIMMING: FARTLEK TRAINING</b>
	<b>FRI</b>	<b>3/31</b>	<b>FITNESS SWIMMING: DISTANCE TRAINING</b>
12	<b>MON</b>	<b>4/31</b>	<b>FITNESS SWIMMING: SPRINT TRAINING</b>
	<b>WED</b>	<b>4/5</b>	<b>FITNESS SWIMMING: AEROBIC TRAINING</b>
	<b>FRI</b>	<b>4/7</b>	<b>FITNESS SWIMMING: ANAEROBIC TRAINING</b>
13	<b>MON</b>	<b>4/10</b>	<b>FITNESS SWIM/STROKE IMPROVEMENT</b>
	<b>WED</b>	<b>4/12</b>	<b>FITNESS SWIM/STROKE IMPROVEMENT</b>
	<b>FRI</b>	<b>4/14</b>	<b>FITNESS SWIM/STROKE IMPROVEMENT</b>
14	<b>MON</b>	<b>4/17</b>	<b>FITNESS SWIM/STROKE IMPROVEMENT</b>
	<b>WED</b>	<b>4/19</b>	<b>FITNESS SWIM/STROKE IMPROVEMENT</b>
	<b>FRI</b>	<b>4/21</b>	<b>FITNESS SWIM/STROKE IMPROVEMENT</b>
15	<b>MON</b>	<b>4/24</b>	<b>12 MIN SWIM TEST</b>
	<b>WED</b>	<b>4/26</b>	<b>STROKE TEST</b>
	<b>FRI</b>	<b>4/28</b>	<b>REVIEW FOR FINAL</b>
16	<b>MON</b>	<b>5/1</b>	<b>FINAL WRITTEN EXAM [CH 9-13]</b>