

Oxford College
PE 111 – Intermediate Swimming
MWF 12:50 – 1:40
Spring 2007

Instructor: Anthony Gonzales
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Office: Williams Gym
Hours: M & W 11:15-12:15
T & R 1:15-2:15
Or By Appointment

Course Description: Develops the intermediate swimmer's (one who is not afraid of water, but is not comfortable in deep water) skills in basic strokes and personal safety. In water safety and survival is emphasized.

Course Objectives: The purpose of this class is to introduce, discuss, demonstrate and participate in intermediate swimming activities and techniques. The students will be able to perform specific proficiencies of aquatic survival as well as have a greater understanding of the term aquatics.

Week Of:	Activity:
Jan 17	Introduction to Intermediate Swimming
Jan 22	Mon – NO CLASS , Wed & Fri - Survival Float
Jan 29	Mon Survival Float, Wed Treading Water, Fri - TBA
Feb 5	Treading Water
Feb 12	Sidestroke
Feb 19	Elementary Backstroke
Feb 26	Front Crawl (aka Freestyle)
Mar 5	Breaststroke
Mar 12	SPRING BREAK – NO CLASS
Mar 19	Rescue Techniques, Fri – Written Rescue Test
Mar 26	Bobbing
Apr 2	Underwater Swimming/Actions, Brick Retrieval
Apr 9	Deep Water Games
Apr 16	Clad Activities
Apr 23	Mon – Final Prep, Wed - Water Test, Fri – Prof Make-up
Apr 30	Water Games

* Schedule is subject to change

Attendance: Students are expected (and highly recommended) to attend every class. Tardies will result in 1 participation point deducted up to 5 minutes after class starts, 2 points for up to 10 minutes, and up to 4 points after 10 minutes. Students are responsible for all information/activities done in class whether they are attended or not.

Participation: Student participation is a key for success in this class. Four (4) points will be given each day for participation as follows:

- 4 =excellent participation of class activities
- 3 = good participation
- 2 = average participation, maximum score if not in pool
- 1 = below average participation
- 0 = no participation or absent, minimum score if not in pool

Proficiencies: Proficiencies will be assessed by a 5 point system for each specific topic. (except for the Rescue Technique written test – 15 points). If you earn a 3, 2 or 1 on a proficiency test you will have a chance to make up that test, up to three proficiencies, on Friday, April 27. If you receive a zero (0) on proficiency due to an absence you can choose to make it up on Friday, April 27, with the understanding that it will count as three (3) make up proficiencies. You may not make up the final on the makeup day.

Proficiencies for this class will include, but are not limited to:

Survival Floating, Treading Water, Side Stroke, Elementary Back Stroke, Breaststroke, Front Crawl (Freestyle), Rescue Techniques, Bobbing, Front Summersault, Back Summersault, Brick Retrieval, Clad Removal Pants, Clad Removal Shirt

Swim Final: The swim final will be on Wednesday, April 25. Your performance will be evaluated in the following areas: water entry, summersaults, survival float, swim strokes, bobbing and treading

Evaluation: There will be a total of 334 points for this class.

Participation = 38 days x 4 points = 152 points total
Proficiencies = 70 points total
Swim Final = 112 points total
Total Points = 334 points

The grading scale for this class is as follows:

301 - 334 = A
267 – 300 = B
234 - 266 = C
200 - 233 = D
199 and less = F

Attire: Swim suits are **required**. Shorts/cutoffs are not permitted. Students may wear additional clothing over swim suits if they so desire. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in a zero (0) for the day. Please keep all personal electronic devices out of the pool area during this class.

Reminder: 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)

Reasonable Accommodations for Students with Disabilities: If you have a disability that may require assistance or accommodations, or you have questions related to any accommodations for testing, note taking, reading, 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).

Honor Code: Article 2.A "A student's signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others."