

no plus or minus scale

Journal – Journal will include the following sections, neatly presented and arranged in order:

- (1) Class notes, (2) Practice record, and (3) Creative section. See handout for details.

Swimming Skill Tests:

All tests will be assessed on a pass/fail basis, with the exception of the strokes test, which will be graded.

- Efficiency test (100 points)

For the efficiency test students must use at least 50 minutes to do the skills listed in the following order:

- a. Jump into 13ft depth from the south end of the pool
- a. Demonstrate front flips and back flips
- b. Demonstrate free style, elementary back stroke, treading water
- c. Use the remaining time doing the survival float/stroke
- Bobbing Test (50 points)  
With hands behind back bob in 7ft depth for 5 min
- Survival Float/Stroke Test (300)
- Strokes Test (100 points)  
Starting at the shallow end, swim (in a relaxed manner the freestyle to the halfway line, change to survival stroke and proceed to the deep end; rest; starting at the deep end, swim the freestyle to the halfway line, change to elementary back stroke and proceed to touch the shallow wall
- Front and Back flips (50 points)  
In chest deep water perform a front flip and a back flip
- Treading water (100)  
tread water for two minutes at the north end of the pool

\*\*\* All tests must be taken on the day that the test is posted. **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. England before the day that will be missed.

**Grade Appeal Process:** If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. 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.

## Class Participation and Contribution:

In order to pass this course you must actively participate and contribute during each class meeting. Since I teach you as individuals, when I am working with other students I expect you to be practicing the skills on which you need most practice. I expect you to encourage and help each other. Each of you will learn at a different rate. Once you have mastered a skill, I expect you to help others learn it.

Missing more than three classes will result in a **5-point reduction** in your grade **per additional absence**. If you believe you have justification for an absence to be excused you must discuss this with me in person and authentic documentation must be provided on the first day back to class. There will be no exceptions. \*\*If you miss three consecutive days it is my responsibility to report your name to the Office of Academic Services. **If you accumulate a total of eight absences your final grade will result in an "F"**

**Come to class!** Even if you do not feel well enough to participate there are other ways you can contribute so that your grade will not be penalized. There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

Lateness will not be tolerated! Every third time you are late (not in class within two minutes of the start time) you will be penalized an absence. You are expected to be on the pool deck in swimming attire ready to participate at the start of class time.

I will provide a daily sign-in sheet for you to write the name you wish to be called in class. If you are late, the clipboard will be turned face down. In that case, put your initials in the "late" column instead of putting your name in the "name" column.

**Dress Code:** Bathing suits and goggles are **required**. Shorts and cut offs are not permitted. You may wear additional clothing over your bathing suit if you wish. Street shoes are not permitted on the pool deck. Failure to wear the required attire will result in an absence.

## Additional Important Information:

Reasonable accommodation for students with disabilities: 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).

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 me 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).

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me know. Otherwise, if I become aware of the phone, you will be asked to leave class and will receive an absence.*

Learnlink: I will read and answer e-mail only between 10 a.m. and 4 p.m. each class day. If you need to communicate with me at other times, leave a voice message on my office phone.

**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." 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. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.**

Please see <http://www.college.emory.edu/students/honor.html>

*"Whether you believe you can, or you can't,  
You're right!" Henry Ford*

PE 111 Advanced Beginning Swimming  
Spring, 2007

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**Instructor:** Dr. England

**E-mail:** [penglan@emory.edu](mailto:penglan@emory.edu)

**Office:** Williams Gymnasium 103HB

**Phone:** 4-8350, FAX 770.784-4677

**Office Hours:** MWF 11:30-noon; 3:30-4. TTH 2:30-3:30 p.m. and other times by appointment

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**Course Objectives:**

1. Develop relaxation techniques
2. Develop effective swimming strokes
3. Develop relaxed, effective survival float/stroke
4. Develop relaxed breathing techniques
5. Develop drown proofing techniques which will allow your to survive for extended periods of time in the water
6. Develop water safety skills
7. Acquire general knowledge of hydrodynamic principles
8. Develop a friendship with the water

**Course Activities:** Please refer to the course calendar. The student will be involved in class discussion and participation, in-class assignments, and PHYSICAL ACTIVITY (i.e., swimming).

**Text:** There is no text for this class. Xeroxed materials will be provided.

**Web Site:** Visit my web site [www.oxford.emory.edu/Directories/index](http://www.oxford.emory.edu/Directories/index) to watch video of the skills you practice in this class.

**Evaluation:** The final grade will be based on:

Swimming skills: 700 pts. (70%)

Journal: 50 pts. (5%)

Homework: 50 pts. (5%)

Written tests 100 pts. (20%)

**Grading Scale:**    **A – 90 – 100**

**B – 80 – 89**

**C – 70 – 79**

**D – 60 – 69**

**F – < 60**

**no plus or minus scale**

Written tests – Two written tests on topics covered in class.

Journal – Journal will include the following sections, neatly presented and arranged in order:

- (2) Class notes, (2) Practice record, and (3) Creative section. See handout for details.

Swimming Skill Tests:

All tests will be assessed on a pass/fail basis, with the exception of the strokes test, which will be graded.

- Efficiency test (200 points)  
For the efficiency test students must use at least 50 minutes to do the skills listed in the following order:
  - a. Jump into 13ft depth from the south end of the pool
  - b. Demonstrate a front flip and a back flip
  - c. Use the remaining time doing the survival float/stroke, including 5 minutes without using your legs and 5 minutes without using your arms
  - d. When 30 minutes are up push off the deep end of the pool and swim a prescribed distance underwater, once without using your legs and once without using your arms
- Bobbing Test (50 points)  
With hands behind back and feet together bob in 7ft dept for 5 min
- Brick retrieval Test (50 points)  
Swim 20 yards, retrieve brick from 8 ft. depth, and swim back 20 yards with the brick
- Underwater swim (50 points)  
Begin at the deep end and swim a prescribed distance completely underwater
- Clad swim (100 points)  
Students must wear long-sleeved shirts and long pants and demonstrate the following:
  - a. 10 minute elementary backstroke, survival stroke, or sidestroke
  - b. Use clothing as a flotation device for 10 minutes
- 20 Breaths Test (50 points)  
With hands behind back in 13 ft. depth float vertically until 20 breaths have been taken
- Rescue Techniques (50 points)  
Demonstrate a reaching assist, a throwing assist, and a wading assist, and knowledge of how to respond to an aquatic emergency

- Front and Back flips (50 points)  
In chest deep water perform a front flip and a back flip
- Strokes Tests (100 points)  
Students must demonstrate competence and relaxation in the following strokes:
  - a. Elementary backstroke
  - b. Sidestroke
  - c. Front crawl
  - d. Breaststroke

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JANUARY	
17	Classroom - Syllabus and course introduction
19	Classroom - Hydrodynamics
22	Pool
24	Classroom –Drownproofing
26	Pool
29	Pool
31	Pool
FEBRUARY	
2	Pool
5	Pool
7	<b>Classroom - Basic aquatic skills Quiz 1</b>
9	No Class Dr. England at Conference
12	Pool
14	<b>Pool – Underwater swim test</b>
16	Classroom – Water Safety and rescue
19	Pool
21	<b>Pool – Rescue techniques test</b>
23	Pool
26	Pool

28	Pool
<b>MARCH</b>	
2	Classroom – Stroke mechanics and <b>Quiz 2 on Hydrodynamics</b>
5	Pool
7	Pool
9	Pool – <b>Bobbing test</b>
12	<i>Spring Break- NO CLASS</i>
14	<i>Spring Break- NO CLASS</i>
16	<i>Spring Break- NO CLASS</i>
19	Pool
21	Pool
23	Pool – <b>Brick retrieval test</b>
26	Pool
28	Pool
30	Pool
<b>APRIL</b>	
2	Pool – <b>Underwater flips and 20 breaths test</b>
4	Pool
6	Pool
9	Pool
11	Pool – <b>Clad swim test</b>
13	Pool
16	<i>*No Class - practice by yourself</i>
18	Pool - <b>Journals Due</b>
20	Pool
23	Pool
25	Pool – <b>Strokes test</b>
27	Pool - Practice for final/Retests
30	Pool - <b>FINAL EXAM</b>

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