

OXFORD COLLEGE
PE 112 – Advanced Beginning Swimming

Division: Physical Education and Dance
Course Number: PE 112
Section: 02A
Course Title: Advanced beginning swimming

Instructor: Dr. Jasmin Hutchinson
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Office Hours: Mon & Wed 3:15-4pm, Tue & Thur 10am-12pm, Fri 9-10am, other times by appt.

Catalog Description: For students who are not afraid of deep water but are not good swimmers. Development of stroke mechanics and personal safety skills. The survival stroke and other drownproofing techniques are stressed.

Course Objectives:

1. Develop drown proofing techniques which will allow you to survive for extended periods of time in the water
2. Acquire general knowledge of basic water safety and emergency water safety
3. Acquire general knowledge of hydrodynamic principles
4. Swimming stroke refinement

Text: There is no text for this class. Resource materials will be given out in class and/or posted on the class conference

Course Topics: Please refer to the course calendar.

Activities: The student will be involved in class discussion and participation, in-class assignments, take home projects, and PHYSICAL ACTIVITY (i.e. swimming).

Evaluation: The final grade will be based on:

Swimming Skills	700 pts (70%).
Written tests	150 pts (15%).
Journal	75 pts (7.5%).
Group presentation	75 pts (7.5%).
TOTAL = 1000 points	

Grading Scale:

100-90%	A
89-80%	B
79-70%	C
69-60%	D
< 60%	F
* No plus or minus scale	

Assignments:

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

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.

Group presentation – In small groups (3-5 students) present a water safety topic to the class. Topics will be assigned at the beginning of the semester during class time.

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)**

The test is to be done TWICE: (1) using legs only (hands behind back), and (2) using arms only (legs together). For the efficiency test students must use at least 30 minutes to do the skills listed in the following order:

- a. Jump into 13ft depth from the side of the pool
- b. Demonstrate a front flip and a back flip
- c. Retrieve a brick (arms only) or goggles (legs only) from 8ft depth
- d. Use the remaining time doing the survival float/stroke
- e. When 30 minutes are up push off the deep end of the pool and swim a prescribed distance underwater

- **Clad swim (100 points)**

Students must wear long sleeved shirts and long pants and demonstrate the following:

- a. 15 min survival stroke, elementary backstroke or sidestroke
- b. Use clothing as a flotation device for 10 min

- **Underwater Swim (50 points)**

Begin at the deep end and swim a prescribed distance completely underwater

- **Bobbing Test (50 points)**

With hands behind back and legs together bob in 7ft depth for 5 min

- **Brick Retrieval Test (50 points)**

Swim 20 yards, retrieve brick from 8ft depth, and swim back 20 yards with the brick

- **20 Breaths Test (50 points)**

With hands behind back in 13ft depth float vertically until 20 breaths have been taken

- **Front and Back flips (50 points)**

In deep water perform a front flip and a back flip

- **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

- **Strokes Test (100 points)**

Students will be evaluated on the following strokes:

- a. Elementary backstroke
- b. Sidestroke
- c. Front crawl
- d. Breaststroke
- e. Backstroke

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*** 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. Hutchinson before the day that will be missed.

Class Attendance: **Students are required to come to class.** Each student will be allocated three unexcused absences. Each additional absence will result in **-5 PTS.** to the final point total. If the student has accumulated a total of 8 absences or more the final grade will result in an "F". If you do not feel well enough to participate come to class anyway!! There are other ways you can contribute so your grade will not be penalized. If you believe you have justification for an absence to be excused you **MUST** discuss this Dr. Hutchinson 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 (Cathi Wentworth).

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

Important Information: **Reasonable accommodation for students with writing deficiencies:**
Students with identified or suspected disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722). No special arrangements will be made for any student unless the instructor is contacted directly via official request from this office.

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.

Reminder: Class activities may include vigorous activities. 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).

Dress code: Bathing suits and goggles are **required**. Shorts and cut offs are not permitted. Students may wear additional clothing over the bathing suits if they wish. Street shoes are not allowed on the pool deck. Failure to wear required attire will result in an absence. NO cell phones/ pagers in class

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.

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JANUARY	
19	Classroom - Syllabus and course introduction
24	Classroom - Hydrodynamics
26	Pool
31	Pool
FEBRUARY	
2	Classroom –Basic aquatic skills
7	Pool
9	Pool
14	Pool
16	Classroom – Water Safety and rescue Quiz 1
21	Pool
23	Pool – Underwater swim test
28	Pool
MARCH	
2	Classroom – Stroke mechanics and Quiz 2
7	Pool – Brick retrieval test
9	Pool
14	Spring Break - NO CLASS ☺
16	Spring Break - NO CLASS ☺
21	Pool
23	Pool –Bobbing test
28	Classroom – Group presentations
30	Pool
APRIL	
4	Pool
6	Pool – Clad swim test
11	Pool
13	*No Class – practice by yourself for strokes test
18	Pool – Strokes test
20	Classroom – Quiz 3 and Journals Due
25	Pool - Practice for final
27	FINAL EXAM 1
MAY	
2	FINAL EXAM 2

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