

PE 103 – Fitness Swimming

Instructor: Dr. Jasmin Hutchinson

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Office: Williams Gymnasium, Oxford College **Phone:** 770-784-8309

Office Hours: Tue and Thur. 1:30-2:30pm; Wed 1:00-3:00pm; other times by app't.

Catalog Description:

Basic physiological principles for the development of cardiovascular fitness, flexibility, muscular strength, and endurance. Includes individualized rigorous swimming and conditioning program.

Course Objectives:

- To develop specific fitness components through improved stroke technique and lap swimming
- To develop, improve and/or maintain cardiovascular and muscular endurance
- To enhance practical and cognitive knowledge of swimming
- To establish an individual and enjoyable physical activity program that may be maintained throughout life
- Related topics will include nutrition, body composition, muscular endurance and strength, weight management, and physiological/psychological benefits of swimming

Prerequisite:

Students should have a well-developed freestyle stroke with rhythmic breathing and an understanding of the backstroke and/or breaststroke.

Minimum Standard of Proficiency

A 12-minute prerequisite swim will be administered to evaluate student's ability. Students must be able to complete 350 yards in this time frame.

Course Text: There is no required text for this course. Handouts will be given in class. Lecture notes will be posted to Learnlink.

Class Participation and Contribution

- In order to pass this course you must actively participate and contribute during each class meeting. Missing more than two 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 excluded you must discuss this with me in person.
- I will take attendance at the beginning of class. ***You are expected to be on the pool deck in swimming attire ready to participate at the start of class time.*** Lateness will not be tolerated. Three late arrivals (not in class within 5 min of the start time) will be equivalent to one absence.
- 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.

Dress Code:

Bathing suits and goggles are required. Street shoes are not allowed on the pool deck. Failure to wear required attire will result in an absence. Please, NO cell phones or other electronic devices in class.

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Course Outline: See calendar.

Methods of Evaluation:

Exam 1 = 20%

Mile swim = 10%

Exam 2 = 20%

Participation = 30%

Homework assignments = 10% Fitness Improvement = 10%*

*Fitness improvement will be based on a pre/post swim test. Points will be assigned as follows: Positive change = 10 points, No change = 5 points, Negative change = 0 points

Grading Scale:

100-93%	A	79-77%	C+
92-90%	A-	76-73%	C
89-87%	B+	72-70%	C-
86-83%	B	69-60%	D
82-80%	B-	< 60%	F

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 students responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process.

Physical activities for this class may include vigorous movement. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform me 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.

The Emory College Student Honor Code

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

Grade Appeal Process

If you wish to contest the final grade you receive in this class you are to put your request to me in writing within 5 days of final grades being posted. 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.

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JANUARY	
TH 15	Syllabus and course introduction 12 min fitness test
TU 20	Lecture 1 (Fundamentals) and Swimming
TH 22	Swimming
TU 27	Swimming
TH 29	Lecture 2 (Cardiovascular)
FEBRUARY	
TU 3	Swimming
TH 5	Test review and Pool games
TU 10	Swimming
TH 12	Test 1
TU 17	Swimming
TH 19	Lecture 3 (Energy systems) & Swimming
TU 24	Swimming
TH 26	Short swim – Attend health fair on Friday
MARCH	
TU 3	Swimming
TH 5	Lecture 4 (Muscle) & Weight room
TU 10	<i>Spring Break – No class</i>
TH 12	<i>Spring Break – No class</i>
TU 17	Swimming
TH 19	Lecture 5 (Flexibility) & Pool games
TU 24	Swimming
TH 26	Test 2
TU 31	Swimming
APRIL	
TH 2	Lecture 6 (Body comp)
TU 7	Swimming
TH 9	Lecture 7 (Nutrition) and Lecture 8 (CV health)
TU 14	12 min/Mile swim test
TH 16	12 min/Mile swim test
TU 21	Pool games
TH 23	Final exam review and course evaluations
TU 28	Test 3 / Final

****Note:** schedule changes and important updates will be posted on your LearnLink conference for this class. You are responsible for all changes posted to the conference.