

PE 110 Beginning Swimming
Fall, 2011

Instructor: Dr. Penelope England

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Office Hours: MW 11:30 - noon; 3:30 - 4. TTH 1 - 3; **and by appointment**

Roll is taken at 8:30/9:40/10:05 a.m./1:05 pm. Class is dismissed at 9:10/10:20/11:10 am/2:10 pm.

Physical activities for this class include vigorous movement. Whenever there is a medical condition that would cause you undue risk or prevent your full participation in this class, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX a letter stating what you cannot do and her/his recommendations for physical activities you can use to achieve the goals of this course.

Course Objectives:

Each student will--

1. Develop a relaxed relationship with thirteen-foot deep water.
2. Develop a front crawl and elementary backstroke effective in thirteen-foot water.
3. Develop a relaxed survival float/stroke effective in thirteen-foot water.
4. Use basic physics principles applied to the individual student's body type

Course Activities:

Breath control, bobbing, front and back flips, treading water, front crawl stroke, elementary backstroke, jumping into 13' foot depth from deck, 30 minute survival stroke. Visit the Blackboard site to find video of the skills you learn in this class.

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

Evaluation:

Homework: 100 pts. (10%)

Journal and Personal Evaluation: 100 pts. (10%)

Pop quizzes: 100 pts. (10%)

Skills tests: 700 pts. (70%)

Grading Scale:

100-90% A
89-80% B
70-79% C
60-69%
< 60%

Homework – Each Homework Report will be turned in to the lifeguard on duty at the time of your practice and will include:

Student's First and Last Name

Day of Practice

Date of Practice

Start Time of Practice

Minutes of Actual Practice

Depth of Water during majority of Practice Time

Skill/s practiced

GUARDS' NAMES

GUARD'S VERIFICATION OF PRACTICE EFFORT AND TIME

OXFORD COLLEGE HONOR PLEDGE by guard and student

Eight (8) homework reports are due each due date. No more than three practices may be turned in during any ONE week. **A week is Wednesday through Tuesday.**

You must have turned in eight Homework Reports ON or BEFORE each of the following Wednesdays: , Sept. 28, Oct 26, Nov. 22. EACH missed practice results in a ten-point grade penalty.

Personal Evaluation – Your Personal Evaluation will be turned in **before class** on **Nov. 30/Dec. 1** and must include:

- (1) Your personal evaluation of your progress and problems during the course of this class. Keep a weekly journal and write your personal evaluation based on your journal. You will turn in your spiral bound journal on the same date as you with personal evaluation.
- (2) Names of classmates who have been helpful during class
- (3) What you have learned **about yourself** during this class (NOT the swimming skills you have learned).

Your report must be type-written in paragraph form, **double-spaced and 12 point font**. Paragraphs (1) – (3) should demonstrate clear, concise, college-quality writing that is free of grammar and spelling errors. Your

writing should reflect critical thinking and reflection on your experience in this class. You are encouraged to ask your peers to check your paragraphs for clarity, conciseness, and for grammar and spelling errors. It is a violation of the Oxford College Honor Code for anyone to correct your writing for you. Your peer may note where imprecision is and mark grammar and spelling errors, but may not make corrections for you. The paragraphs must reflect your thinking alone and your corrections alone. At the end of your report type **Honor Pledge** and write your signature. This signifies that you have “neither given nor received unauthorized information on the work, nor [have you] condoned the giving or receiving of unauthorized information by others.”

Pop Quizzes – Occasionally during the semester I will give unannounced written “pop quizzes” over information I have talked about either in the classroom or in the water. The quizzes may also cover material I have distributed in class handouts. When you miss a quiz because you are absent, you may make it up **IF** you have made that arrangement with me prior to your absence or unless your absence is an emergency that prevented you from communicating with me via email or voice mail.

Swimming Skill Tests:

Each test must be completed **three times** before any points are awarded.

The composition and pace of each class determine due dates for all skills tests. Skills test dates will be announced one week in advance of the test.

Any test (except bobbing) that is completed beyond the center halfway line, inside the second and fourth lane lines, and inside the 13' hash marks can earn full points.

Any test (except bobbing) that is completed beyond the 7' hash marks, inside the second and fourth lane lines, and shallow of the center halfway line can earn no more than 75 % of total points.

Any test (except bobbing) that is completed inside the shallow T's, inside the second and fourth lane lines, and inside the shallow end hash marks can earn no more than 50 % of the total points.

Bobbing Test (50 points)

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

Survival Float/Stroke Test (100)

Do the survival float or survival stroke in a very relaxed manner spending only brief moments with your face above the surface of the water

Strokes Test (50 points)

Starting at the shallow end, swim (in a relaxed manner) the freestyle until your torso is past the halfway line, change to survival stroke and proceed to the "T's" at the deep end; survival float until you are ready to return; starting at the deep end "T" you may not touch the wall with your hands – you can push off the wall with your feet, swim the freestyle until your torso is past the halfway line, change to elementary back stroke and proceed to touch the shallow wall with at least one hand before your feet touch the bottom of the pool.

Front and Back flips (100 points)

In 13 ft. water perform a front flip and a back flip

Treading water (100)

tread water for two minutes at the north end of the pool

Efficiency Test (300)

AFTER YOU HAVE COMPLETED ALL OF THE TESTS ABOVE THREE TIMES, YOU MUST COMPLETE THE EFFICIENCY TEST AS DESCRIBED BELOW:

ENTER THE WATER BY JUMPING INTO THE POOL FROM THE MIDDLE OF THE SOUTH END OF THE POOL. REMAIN IN THE AREA BOUNDED BY LANE LINES ONE AND SIX, THE DEEP END FLAGS AND THE CENTER LINE 45 MINUTES. DURING THAT TIME YOU ARE EXPECTED TO DEMONSTRATE THAT YOU ARE COMPLETELY RELAXED WHILE DOING FLIPS, TREADING WATER, ELEMENTARY BACKSTROKE, FRONT CRAWL STROKE, YOU WILL SPEND THE BULK OF YOUR TIME DOING THE SURVIVAL STROKE/FLOAT. ONCE THE 45 MINUTES ARE ENDED, SWIM TO THE SHALLOW END OF THE POOL. **YOU CAN EARN AN A IN THIS CLASS ONLY WHEN YOU HAVE COMPLETED EVERY INDIVIDUAL SKILL, THIS EFFICIENCY TEST AND YOU HAVE ALSO CONVINCED ME THAT YOU ARE COMPLETELY RELAXED IN THE DEEP WATER. YOU MAY HAVE TO REPEAT THE EFFICIENCY TEST SEVERAL TIMES.**

***** All tests must be taken on the scheduled test day. 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 me to turn in the assignment or take the test before the day that will be missed, **if I deem such arrangements acceptable.**

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. Your grade is dependent on both attendance and the quality of your participation during class.

Religious holidays approved by the college may be observed without penalty but I must be informed of your intention to do so in writing and in advance of the holiday.

Divisional Attendance Policy

Class Attendance Policy:

A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.

B. You are expected to attend all classes at the scheduled time; therefore tardiness and absences affect your final grade. A maximum of three (MWF)/two (TTH) absences are allowed without penalty, upon instructor's consent. There are **no excused absences** in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. **If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

C. After the allowed absences (3/2), each following absence will result in a 5% reduction of your final grade, e.g.,

MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F.

TTH: 3 absences = 5% reduction; 4 absences = 10% reduction; 5 absences = 15% reduction; 6 absences = 20% reduction; 7 absences = 25% reduction; 8 absences = automatic final grade of F.

D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

E. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor

will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Come to class! Even if you do not feel well enough to participate you can contribute so that your grade will not be penalized. You will take notes and make suggestions that would be helpful to your classmates. 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.

It is expected that you arrive for class on time. Every third time you are late (not in class when I begin calling roll) 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. If you are late, you must remind me when we are both out of the water at the end of class to change your absence symbol to a late symbol. If you do not do so, **you will be considered absent even if you were in class.**

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.

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.

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