

**PHYSICAL EDUCATION ACTIVITY PROGRAM  
BEGINNING SWIMMING**

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**CLASS MEETING SITE(S):** SREC Pools. Student ID needed to enter SREC.

**ATTIRE:** Appropriate swim suits. No bikinis. No jewelry. Goggles are required. Swim caps optional.

**PREREQUISITES:** Appropriate skill/instructor approval.

**MATERIALS:** Text optional: Swimming and Water Safety. American Red Cross - Staywell

Also available at [tamu.bncollege.com](http://tamu.bncollege.com)

**OBJECTIVES:**

- To develop basic swimming skills:

Floating – Front/Back Breathing/Bobbing	Front/Back Crawl
Gliding – Front/Back Deep Water Skills	Elementary Backstroke
Gliding with Kick Water Safety Skills	Side Stroke
- Develop ability to swim for extended periods of time – 200 yd Swim
- To develop skills on elementary forms of rescue (including reaching and throwing) & water safety.
- To develop proper safety attitudes toward aquatic activities.

**GENERAL INFORMATION:**

- To reserve a locker, obtain locker card from your instructor and take it to the Members Service Desk in the SREC.
- ENTER WATER ONLY WHEN INSTRUCTOR IS PRESENT. FOLLOW POOL RULES.

**GRADING POLICY:**

75% Skills Testing  
25% Written Exam

**GRADE SCALE:**

90 – 100 = A  
80 – 89 = B  
70 – 79 = C  
60 – 69 = D  
Below 60 = F  
Pass/Fail < 70 = F

**ATTENTION STUDENTS:**

- It is the responsibility of the student to inform his/her instructor if they have a condition that may impair or influence participation in an activity class (e.g. physical disability, allergies, use of medication, etc.)
- Should you become unable to participate in your regular activity class, contact your instructor immediately regarding transfer to a modified activity class.
- The course in which you have elected to participate is either required as part of your major or elected. Regardless of the case, you must realize that there is a certain assumption of risk, which you engender when you participate in activity classes such as these. You must be aware of this assumption.

The Americans With Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring accommodation, please contact the Office of Support Services for Students with Disabilities in Room 126 of the John J. Koldus Building. The phone number is 845-1637.

**PLEASE NOTE:**

The handouts used in this course are copyrighted. By “handouts”, I mean all materials generated for this class, which include, but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

As commonly defined, plagiarism consists of passing off as one’s own, the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic crimes, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated.

If you have any questions regarding plagiarism, please consult the latest issue of the *Texas A&M University Student Rules*, under the section “Scholastic Dishonesty”.

## **POOL RULES ENFORCED BY YOUR AQUATICS INSTRUCTOR**

1. STUDENT ID required to enter SREC.
2. NO SHOES allowed on deck areas. Remove shoes before leaving locker room
3. BEFORE ENTERING WATER: Shower! Fasten back long hair, remove jewelry.
4. APPROPRIATE SWIMSUIT required.
5. NO gum, candy, food or drink on deck or in the water.
6. PLEASE DO NOT SWIM if you have: Poison ivy or oak, infectious skin rashes or infected sores or cuts.
7. Enter water only when INSTRUCTOR AND LIFEGUARD ARE PRESENT.
8. USE FEET FIRST ENTRIES! Do not dive into the water
9. Avoid hanging on the lane lines, unless it is an emergency.
10. Replace swim equipment neatly after use.

## **ATTENDANCE POLICY for KINE 199 and 198**

Attendance is a critical component of all KINESIOLOGY classes and is essential to learning a skill. Additionally due to the skill progressions found in teaching activities, it is crucial, for safety reasons, to require regular attendance.

### **For classes that meet two times a week for the full semester:**

A student shall be allowed 2 unexcused absences without penalty. For each unexcused absence beyond the first two unexcused absences, 15 points will be deducted from the final grade. **PLEASE NOTE:** A student will **automatically fail** upon receiving 4<sup>th</sup> unexcused absence. Excused absences, as defined in Rule 7 of the Texas A&M University Student Rules will not result in any point deduction, however written documentation will be required to receive an excused absence. Any combination of excused and unexcused absences totaling 7 or more, where no more than 3 absences are unexcused will require a grade of Incomplete to be issued in the class.

### **For classes that meet once a week for the full semester:**

A student shall be allowed 1 unexcused absences without penalty. For each additional unexcused absence, 20 points will be deducted from the final grade. **PLEASE NOTE:** A student will **automatically fail** upon receiving 3<sup>rd</sup> unexcused absence. Excused absences, as defined in Rule 7 of the Texas A&M University Student Rules will not result in any point deduction, however written documentation will be required to receive an excused absence. Any combination of excused and unexcused absence totaling 4 or more, where no more than 2 absences are unexcused will require a grade of Incomplete to be issued in the class.

One point will be deducted from the final grade for each **tardy** up to **10 minutes**. After 10 minutes, the student is considered absent.

**UPDATED 1/15**