

Class Plan Inquiry

UCL1103-03 (Semester 1, 2015)



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| Initial registration date | 2015-01-23 13:26:22 | Last modified date | 2015-01-23 13:29:12 |
| Course Title | Swimming (P / NP) | Credits | 1 |
| Lecture room | Pool (Che 104) | Lecture time | Thursday 5, 6 |

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| Professor in charge | Lee Mi Kyung | Professor in charge | College of Education Science |
| Lab | Physical Education Building 103 | Contact | |
| E-mail and office hour | likeball@naver.com | | |

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| Course Target | Undergraduate * First time learner to swim * Students who want to master freestyle and backstroke |
| Course Objectives and Overview | * Understand the principles of freestyle and backstroke, and learn the English method. * Enjoy free time by learning freestyle and backstroke skills. * Increase your fitness with regular exercise. |
| Prerequisite (Prerequisite Learning) | |
| Course operation method | 2 hours once a week. Correct posture by shooting video. |
| Grading Method | 100% attendance 2 perceptions-2 points 3 absences once NON PASS for a total of -10 or more |
| Textbooks and References | Please refer to http://www.finflir.com/ http://www.swimdoctor.co.kr/ related materials. |
| Professor Information | Ph.D., Sports Leisure, Yonsei University Present) Postdoctoral Fellow, Exercise Medicine and Rehabilitation Laboratory, Yonsei University |
| TA Information | none |

| Summary | | | | |
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| week | term | Class contents | Textbook Range, Assignment | Remarks |
| 1 | 2015-03-02 2015-03-08 | Orientation (gymnasium) | | (3.2) Start (3.4 ~ 3.6) Course Registration and Change |
| 2 | 2015-03-09 2015-03-15 | Group Sharing (First Start, Beginner) Adapting to water Freestyle Kick | | |
| 3 | 2015-03-16 2015-03-22 | Freestyle Kick, Breathing | | |
| 4 | 2015-03-23 2015-03-29 | Freestyle Kick and Breath | | |
| 5 | 2015-03-30 2015-04-05 | Hand painted arm movements | | (4.1 ~ 4.3) Leave a Course |
| 6 | 2015-04-06 2015-04-12 | Freestyle arm movements, breathing Arm and leg coordination Video shooting and feedback | | (4.8) 1/3 of semester |
| 7 | 2015-04-13 2015-04-19 | Midterm | | (4.16 ~ 4.22) Interim Test |
| 8 | 2015-04-20 2015-04-26 | Freestyle arm and leg Backstroke Kick | | (4.16 ~ 4.22) Interim Test |
| 9 | 2015-04-27 2015-05-03 | Freestyle Backstroke arm movements, breathing | | |
| 10 | 2015-05-04 2015-05-10 | Freestyle exercises Backstroke and arm movements | | (5.5) Children's Day (5.9) Foundation Day |
| 11 | 2015-05-11 2015-05-17 | Freestyle, Backstroke Practice | | (5.15) Semester 2/3 |
| 12 | 2015-05-18 2015-05-24 | Freestyle, Backstroke Correction | | |
| 13 | 2015-05-25 2015-05-31 | Freestyle Backstroke Video shooting and feedback | | (5.25) Buddha's Birthday |

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| 14 | 2015-06-01 2015-06-07 | Freestyle, Backstroke Correction Breaststroke Kick | | (6.6) Memorial Day |
| 15 | 2015-06-08 2015-06-14 | Freestyle, Backstroke Correction Breaststroke arm movement, breathing | | (6.8 ~ 6.20) Self-Learning and Final Exam |
| 16 | 2015-06-15 2015-06-21 | Final evaluation | | (6.8 ~ 6.20) Self-Learning and Final Exam |

* Important notices regarding the change of the regular semester's operation method

Class or self-study in the week where the test is not taken into account considering the mid-term period (2019.10.21.-10.25.) And the final period (2019.12.9.-12.20.) Should proceed. * According to Article 57-2 of Yonsei University School Regulations, students with disabilities may request teaching and learning support for attendance, lectures, assignments, and examinations through interviews with their professors before and after the start of the semester. Assistance is available through the faculty or students with disabilities. Here are some examples of possible disabilities by class, assignment, and exam. (However, the actual support content may vary depending on the nature of the lecture.) [Lecture] -Visually impaired: teaching materials (digital, braille, enlarged textbooks, etc.), essay help allowed -Retardation: teaching materials (digital teaching materials), Ghostwriting and teaching assistant helper allowed, designated seating arrangements - deaf: daepil / text translator helper allowed, lecture transcripts allowed - intellectual disability / autism disorders: daepil assistant and teaching mentor allow [assignment and exam] - visual impairment / disability / deaf : Extension of project submission deadline, adjustment of assignment and submission method, extension of test time, adjustment of test questions and response method, provision of separate place, linkage of helpers, etc. -Intellectual Disability / Autistic Disorder: Submission of individualization assignment and evaluation of alternative evaluation

