

Class Plan Inquiry

UCL1103-03 (Semester 1, 2015)



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

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		

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				
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
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

