



Beginning Swimming Syllabus

Department of Physical Education, Health, and Recreation

Course Name: Beginning Swimming

CRN: 45912

Semester/Year: Fall 2013

Instructor: Lorin Lillywhite, MS

Email Address: lilywhite@dixie.edu

Office Hours: By Appointment

Course Number: PEHR 1300

Meeting Days and Time: M,W 2:00 pm

Location: Fitness Center/Pool

DSU Email Address: lilywhite@dixie.edu

Office Phone: 435-879-4247

Office Location: Edfam Building #116

Prerequisites: none

Lab and other fees: \$50.00

Course Description

Activity course for students interested in swimming. Includes instruction and practice in the fundamental elements of swimming and water safety skills emphasizing the basic skills of floating, rhythmic breathing, gliding and kicking, and the forms of the crawl stroke and elementary backstroke. Students will gain knowledge as well as improve their skill level in swimming.

Required Textbook (s) /Recommended Books/other materials: No Book Required

1. Notebook and writing utensil.
2. Proper swim suit.
3. Towel(s)
4. Goggles (highly recommended, but optional)
5. Swim cap (optional)
6. Plastic water bottle
7. Ear plugs, if necessary

PEHR Department Learning Outcomes

1. Enhance development of physical, mental, social, and emotional well-being through physical education;
2. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
3. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
4. Demonstrate an understanding of physiology that promotes safety in physical exercise;
5. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Course Objectives:

Students successfully completing this course will be able to:

1. Students will be improve their personal aquatic fitness levels with practice and document progress with a comparison of pretest and posttest levels.
2. Students will be able to increase their skill knowledge by being able to perform more than one swimming stroke.
3. Students will be able to learn and demonstrate knowledge of appropriate safety precautions for an aquatic setting during class sessions.

Course Assignments and Assessments:

Reading assignments will be from the information handed out in class.

Weeks 1-5 Discuss syllabus and goals. Pretest aquatic skills. Hydrodynamics, discussions and pool work on breathing, and individual goals.

Weeks 6-11 Stroke instruction, drills and practice on basic swim skills, strokes (Front Crawl, Backstroke, Breaststroke, Side Stroke, Elementary Backstroke, Butterfly) and safety skills.

Weeks 12-15 Continue instruction, drills and practice strokes, safety skills, introduction to fitness methods, starts, turns, and diving.

Weeks 16-17 Integrate swimming strokes with starts and turns, use workout/fitness methods during swim. Final examination.

Grades:

Grades will be based on the following:

Class Attendance/Participation	60% of grade
Instructor Evaluation	20% of grade
<u>Final Examination</u>	<u>20% of grade</u>
Total	100%

Grading Scale:

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

Important Semester Dates to remember:

2013 Fall Semester

- Aug 19 Classwork Starts
- Aug 22 Last Day to Waitlist
- Aug 23 Last Day to Add Without Signature
- Aug 28 Drop/Audit Fee Begins (\$10 per class)
- Sep 2 Labor Day
- Sep 3 \$50 Late Registration/Payment Fee
- Sep 9 Pell Grant Census
- Sep 9 Last Day for Refund
- Sep 9 Last Day to drop without receiving a "W" grade
- Sep 10 Courses dropped for non-payment
- Sep 13 Last Day to Add/Audit
- Oct 9 Mid-Term Grades Due
- Oct 10-11 Semester Break
- Oct 14 Last Day to Drop Individual Class
- Oct 21 Spring and Summer 2014 class schedules available online
- Nov 8 Last Day for Complete Withdrawal
- Nov 11 Spring Registration open to Seniors (90+ credits)
- Nov 12 Career Day
- Nov 12 Spring Registration open to Juniors (60+ credits)
- Nov 13 Spring Registration open to Sophomores (30+ credits)
- Nov 14 Spring Registration Open to All Students
- Nov 27-29 Thanksgiving Break
- Dec 6 Classwork Ends
- Dec 9-13 Final Exams

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.