

PEHR 1300-01: Beginning Swimming

Fall 2012

Instructor and Course Information:

Instructor: Alli Stewart **Email:** astewart@dixie.edu **Phone:** 652-7989
Office: Fitness Center Back Office **Office hours:** By Appointment Only

Course Credits: One (1)
Location of class: Fitness Center/Pool
Meeting times for class: 9:00 am – 9:50 am M/W
Beginning/Ending dates for course: January 7- April 24
Pre/Co-requisites for this course: None

Required Publications, Textbook for class: None

Course Description:

- The intent of this class is to improve the student's knowledge of swimming, basic swimming strokes and survival skills.

Department Objectives:

All PEHR courses have the following objectives:

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

Course Objectives:

- To know general swimming strokes and survival skills
- To define swimming terminology for the 6 different strokes
- To be able to demonstrate fundamentals of the 6 different strokes
- To acquire skills to carry over into lifetime activity.

Rules:

OIL & SUN TANNING:

- Sun tan oils are not permitted in the pool area. Oils stain the tile and affect the filter.
- Following class, students may sun tan on the south side of the pool until the next scheduled class.

SAFETY & FIRST AID:

- Please obey posted rules—no horseplay in pool area or in dressing rooms.
- Artificial respiration and basic first aid instruction will be a part of this course as it applies to aquatic activities and care of injuries.

SUITS & TOWELS:

- All students are required to wear modest swimsuits.
- Women are requested to wear one-piece suits.

- All students must furnish their own towels

Grading Criteria

1. Attendance- 10 points per class
 - One letter grade drop for every three classes missed
2. Skills Tests every 4 weeks: 25 points each, 100 points total
3. Two Page Paper: 50 points total
4. Written final exam: 50 points total
5. 100% Attendance-- you will not have to take the written final.

The grade will be given based upon the following percentages:

A = 94%-100% **B+** = 87-89% **C+** = 77-79% **D+** = 67-69% **F**= Below 60%
A- = 90%-93 % **B** = 83-86% **C** = 73-76% **D** = 63-66%
B- = 80-82% **C-** = 70-72% **D-** = 60-62%)

Institutional and Class Policies

ACADEMIC INTEGRITY: Failure to comply with academic integrity, honesty, and behavior standards of Dixie State College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

Withdrawal for disruptive behavior policy- Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Withdrawal from class- If you decide to withdraw from class, it is your obligation to formally do so through the registrar's office to make sure you are not still on the role for the class.

Student Support Services

If you are a student with a medical, psychological, or learning disability and would like accommodations, contact Sherri Dial at the Disability Resource Center (652-7516) in the Student Services center. The Disability Resource Center will determine your eligibility and determine the appropriate accommodations related to your disability.

Tutoring: See Instructor

Date	Activity
Jan 7	Start of Class—Intro
Jan 9	Skills Test
Jan 14	Intro Free Style
Jan 16	Free Style
Jan 21	Holiday
Jan 23	Intro Breast Stroke
Jan 28	Breast Stroke
Jan 30	Breast Stroke
Feb 4	Skills Test
Feb 6	First Aid
Feb 11	Intro Back Stroke/ Elementary Back Stroke
Feb 13	Back Stroke
Feb 18	Holiday
Feb 20	Dives
Feb 25	Intro Side Stroke
Feb 27	Lap Swim
Mar 4	Intro Butterfly
Mar 6	Butterfly
Mar 11-15	Spring Break
Mar 18	Review
Mar 20	Intro Turns
Mar 25	Turns
Mar 27	Lap Swim
Apr 1	Lap Swim
Apr 3	Lap Swim
Apr 8	Lap Swim
Apr 10	Lap Swim
Apr 15	Skills Test
Apr 17	Lap Swim/ Make up day
Apr 22	Review
Apr 24	Review
Apr 26-May 2	Finals Week--Final