

PEHR 1301

Intermediate Swimming

August 19th -Dec 6th

Instructor: Wilkins, Luke	Office: ORAC
Email: odr@dixie.edu	Office Hours: 9am-5pm
Class Room: Fitness Center Pool	Office Phone: 652-7986

Credit Hours: 1
Lecture Section: 01
Required Book: None
Days/Time: Monday & Wednesday, 10-10:50pm

Course Description:

This course offers the opportunity to discover one of America's most popular leisure time pursuits and develop skills and interests that will bring a lifetime of enjoyment and health promotion.

Student Objectives:

1. Learn to swim proficiently
2. Learn self rescue

Attendance:

Role will be called on the hour during each class period. 3 Tardies will be considered 1 absence. Every 3 classes missed 1 letter grade will be dropped.

* Don't miss more than three days!

Exams:

There will be two practical exams. All exams will be worth 100 points.

Extra Credit:

A maximum of five days can be made up throughout the semester.

Grading:

Attendance	100 points	100 points
Practical Exams	2@100 points	200 points
Total		300 points

(* These totals are subject to change)

FCS/PEHR Grading Scale:

A	95 - 100%	A-	91 - 94%	B+	88-90%
B	84 - 97%	B-	81 - 83%	C+	78-80%
C	74 - 77%	C-	71 - 73%	D+	68-70%
D	64 - 67%	D-	61 - 63%		
F	60% or lower				

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 and understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

** In compliance with Dixie State College policy, **only students registered for the course may participate**. Please do not ask to bring an unregistered friend or spouse on any of the class activities. No exceptions will be made. Firearms, fireworks, pets, electronic devices (e.g., radios, CD players) are also prohibited.

Required Equipment

1. Swim Suit (not board shorts)
2. Goggles
3. Water bottle

Optional Equipment

1. Swim Fins
 2. Hand Paddle
 3. Kick Board
-
-

CLASS SCHEDULE

August

19th & 21st Introduction
26th & 28th Swim Instruction
21st & 23rd Swim (Freestyle Focus)

September

2nd & 4th **Labor Day** / Swim (Freestyle Focus)
9th & 11th Swim (Freestyle Focus)
16th & 18th Swim (Freestyle Focus)
23rd & 25th Swim (Back Stroke Focus)
30th Swim (Back Stroke Focus)

October

2nd Swim (Back Stroke Focus)
7th & 9th Swim (Back Stroke Focus)
14th & 16th Swim (Breast Stroke Focus)
21st & 23rd Swim (Breast Stroke Focus)
28th & 30th Swim (Breast Stroke Focus)

November

4th & 6th Swim (Breast Stroke Focus)
11th & 13th Swim (Butterfly Stroke Focus)
18th & 20th Swim (Butterfly Stroke Focus)
25th & 27th Swim (Butterfly Stroke Focus) / **Thanksgiving Break**

December

2nd & 4th Swim (Butterfly Stroke Focus) / **Last Day of Class**
11th **9:30 am- 11:30 am FINAL EXAM (comprehensive)**

Student Support Services

Drop in tutoring is a service provided all registered Dixie State College students and is available for all subjects. Students can take advantage by accessing: <http://dsc.edu/tutoring/index.htm>

The Writing Center in the Browning Learning Center, Room 105
Online Writing Lab at <http://dsc.dixie.edu/owl>

Help from a librarian:

<http://library.dixie.edu/> or visit the Val A. Browning Library in person during regular hours.

The Testing Center's hours of operation are posted online at
<http://dsc.dixie.edu/testingcenter/officehours.htm>

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:

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.

Academic Integrity:

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. **Don't Cheat!**

COLLEGE WITHDRAWAL POLICY if you must withdraw from this class, for any reason, it is **“Your Responsibility”** to do this officially by completing paperwork at the registrar's office. This must be done before the drop deadline of (Sept. 30th) for complete withdrawal. If you fail to do this, **You Will** still receive a grade in this class, **regardless of whether you attended or not.**