

PEHR 1301

Intermediate Swimming

January 7th -April 24th

Instructor: Wilkins, Luke

Email: odr@dixie.edu

Class Room: Fitness Center Pool

Office: ORAC

Office Hours: 10am-4pm

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

Course Information:

If you are a student with medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the individual's disability.

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	300 points	300 points
Practical Exams	2@100 points	200 points
Total		500 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
2. Goggles
3. Water bottle

Optional Equipment

1. Swim Fins
 2. Hand Paddle
 3. Kick Board
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CLASS SCHEDULE

January

7 th & 9 th	Introduction
14 th & 16 th	Swim Instruction
21 st & 23 rd	Swim (Freestyle Focus)
28 th & 30 th	Swim (Freestyle Focus)

February

4 th & 6 th	Swim Skills
11 th & 13 th	Spring Break
18 th & 20 th	Swim (Freestyle Focus)
25 th & 27 th	Swim (Freestyle Focus)

March

4 th & 6 th	Swim (Back Stroke Focus)
11 th & 13 th	Swim (Back Stroke Focus)
18 th & 20 th	Swim (Back Stroke Focus)
25 th & 27 th	Swim (Breast Stroke Focus)

April

1 st & 3 rd	Swim (Breast Stroke Focus)
8 th & 10 th	Swim (Breast Stroke Focus)
15 th & 17 th	Swim (Butterfly Stroke Focus)
22 nd & 24 th	Swim (Butterfly Stroke Focus) / Last Day of Class

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>

Proper documentation of a disability is required in order to receive services or accommodation. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center on within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.

"If you are a student with a medical, psychological or a learning difference and requesting reasonable academic accommodations due to this disability, you must provide an official request of accommodation to your Professor(s) from the Disability Resource Center within the first two weeks of the beginning of classes. Students are to contact the Center on the main campus to follow through with, and receive assistance in the documentation process to determine the appropriate accommodations related to their disability. You may call (435) 652-7516 for an appointment and further information regarding the Americans with Disabilities Act (ADA) of 1990 per Section 504 of the Rehabilitation Act of 1973."

Rebelmail:

Important class and college information will be sent to your Rebelmail email account. This information includes you DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Rebelmail email account. If you don't know your name and password, go to www.dixie.edu and select "Rebelmail" for complete instructions. You will be held responsible for information sent to your Rebelmail email, so please check it often.

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.**