

**Department of Kinesiology  
University of Georgia**

**PEDB 1310 Intermediate Swimming  
Course Syllabus**

**Course Information**

Intermediate Swimming  
PEDB 1310  
Fall 2008 – 1 credit  
Monday & Wednesday – 11:15AM – 12:05PM  
Ramsey 156

**Instructor Information**

Caroline Schik  
Email: [cmschik@uga.edu](mailto:cmschik@uga.edu) – PLEASE DO NOT EMAIL ME ON WEBCT!  
Office Hours: Tuesday & Thursday 9:05am-9:55am or by appointment  
Office Location: Room 107C Ramsey Center

**Course Description:**

This course is designed to build upon the skills and knowledge gained in Beginning Swimming. An intermediate level of water safety will be introduced; more advanced components of swimming mechanics will be demonstrated; and more in-depth understanding of swimming as a sport and as a component of a healthy lifestyle will be gained. The primary means of learning in the class will be through in-water practice of skills.

**Course Goals and Objectives:**

Students will:

1. Gain a more advanced understanding of the principles of hydrodynamics and stroke mechanics
2. Develop greater proficiency in freestyle, backstroke, breaststroke, and butterfly
3. Learn and demonstrate abilities in starts and turns used in competitive and fitness swimming
4. Develop skills necessary to safely enjoy swimming as a lifelong activity
5. Understand the fitness, therapeutic and competitive opportunities in swimming

**Classroom/Pool Conduct:**

1. Abide by all rules and regulations of the University and pool facilities.
2. Sign-in each class period to indicate attendance.
3. The instructor needs to maintain visual contact with all students while in the water. Please inform the instructor if you need to leave the pool area for any reason.
4. Actions or behaviors which have potential to inflict harm upon a student or others around him or her will result in being asked to leave the pool area and loss of participation points for the day.
5. Students desiring to withdraw from this class must do so by midterm (Oct. 14).
6. Students should read the “Clearance for Safe Exercise Participation” form provided by the instructor. Students with medical conditions should discuss them with the instructor. The instructor will determine whether medical conditions require a waiver or physician clearance.

7. Swimming attire which adheres to the University of Georgia Ramsey Center guidelines must be worn. Cut-off sweatpants or jeans and cotton t-shirts are not permitted in the pool. Goggles are helpful, but not required. Students must supply their own goggles.
8. I encourage you to read the policy on academic honesty in the College Catalog. All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work.
9. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

**Attendance:**

Regular attendance and class participation are required and are important factors in your final grade. **Ten percent of your final grade is deducted for each absence. More than four absences will result in a grade of unsatisfactory.** Absences due to illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance. Students who bring an official written excuse will be able to make up missed work according to the instructor's discretion. I will have an attendance log for each student to sign. If the log is not signed by the student with the last 4 digits of their 810 number, then they are considered absent. Any student caught falsifying a signature will automatically have 30 points deducted from their total number of points.

Any combination of two tardies or instances of leaving class early will be considered an absence. Tardiness by more than 10 minutes will be automatically considered an absence. If you are aware of circumstances or conflicts that will require you to be late or leave early, please discuss them with the instructor by the end of the first week of classes.

**Textbook:**

Hoeger, W.W. and S.A. Hoeger. (2005). Fitness and Wellness. 6<sup>th</sup> Edition. Thomson/Waldsworth, Belmont, CA.

**NO CLASS** September 1, November 24 and November 26 for University Holidays.

**Course Evaluation:**

All PEDB courses at UGA are graded as "S" (Satisfactory) or "U" (Unsatisfactory). A combined score of 70 is required to receive a grade of satisfactory. For those of you who have already met your PE graduation requirement you must provide the instructor with documentation from oasis (**must be submitted when the first homework assignment is due**) and you will not need to complete the WebCT Knowledge Component of the course. Therefore, your grade will be based on 60 points, and 42 total points will be required in order to successfully pass the class. The following criteria will be used to evaluate and grade the student's performance in this class.

**ASSESSMENT**

<u>ASSESSMENT</u>	<u>POINTS</u>
Attendance (10 point deduction for each absence)	40 points
WebCT Knowledge Component Assignment	40 points
Skill Evaluations (3 total)	20 points

The first two skill evaluations will be 5 points each and the final one will be 10 points.

Refer to the course content page on the WebCT program for a description of the knowledge component assignments.

**ALL QUIZZES MUST BE COMPLETED BY WEDNESDAY, NOVEMBER 5, 2008**

**DUE DATES FOR ASSIGNMENTS:**

Assignment #1	Wednesday, August 27
Assignment #2	Wednesday, September 3
Assignment #3	Wednesday, September 10
Assignment #4 and notebook	Wednesday, September 24
Assignment #5	Wednesday, October 1
Assignment #6	Wednesday, October 15
Assignment #7	Wednesday, October 29
Assignment #8 and notebook	Wednesday, November 12

**ASSIGNMENTS ARE DUE AT THE BEGINNING OF CLASS – LATE WORK WILL NOT BE ACCEPTED FOR ANY REASON INCLUDING SICKNESS.**

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**Course Timeline and Calendar**

<b>Date</b>	<b>Topic</b>	<b>Text</b>	<b>Skill Evaluations</b>
<b>Week 1:</b>			
Mon. Aug. 18	Introduction and Syllabus		
Wed. Aug. 20	Review of Syllabus & Initial Skill Evaluation		
<b>Week 2:</b>		<b>Chapter 1</b>	
Mon. Aug. 25	Complete Skill Evaluation & Introduction to Freestyle		
Wed. Aug. 27	Freestyle		<b>Homework 1 Due</b>
<b>Week 3:</b>		<b>Chapter 2</b>	
Mon. Sept. 1	NO CLASS – LABOR DAY		
Wed. Sept. 3	Freestyle		<b>Homework 2 Due</b>
<b>Week 4:</b>		<b>Chapter 3</b>	
Mon. Sept. 8	Freestyle & Introduction to Backstroke		
Wed. Sept. 10	Backstroke		<b>Homework 3 Due</b>
<b>Week 5:</b>			
Mon. Sept. 15	Backstroke		
Wed. Sept. 17	Introduction to Freestyle and Backstroke Turns		
<b>Week 6:</b>		<b>Chapter 4</b>	
Mon. Sept. 22	Freestyle & Backstroke Turns		
Wed. Sept. 24	Review for 1 <sup>st</sup> Skills Evaluation		<b>Homework 4 Due</b>
<b>Week 7:</b>		<b>Chapter 5</b>	
Mon. Sept. 29	<b>Skills Evaluation #1 (5 points)</b>		
Wed. Oct. 1	Introduction to Breaststroke		<b>Homework 5 Due</b>
<b>Week 8:</b>			
Mon. Oct. 6	Breaststroke		
Wed. Oct. 8	Breaststroke		
<b>Week 9:</b>		<b>Chapter 6</b>	
Mon. Oct. 13	Breaststroke & Introduction to Butterfly		
Wed. Oct. 15	Butterfly		<b>Homework 6 Due</b>
<b>Week 10:</b>			
Mon. Oct. 20	Butterfly		
Wed. Oct. 22	Butterfly		
<b>Week 11:</b>		<b>Chapter 7</b>	
Mon. Oct. 27	Breaststroke & Butterfly		
Wed. Oct. 29	Breaststroke and Butterfly Turns		<b>Homework 7 Due</b>

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**Course Timeline and Calendar**

<b>Date</b>	<b>Topic</b>	<b>Text</b>	<b>Skill Evaluations</b>
<b>Week 12:</b>			
Mon. Nov. 3	Breaststroke and Butterfly Turns		
Wed. Nov. 5	Review for 2 <sup>nd</sup> Skills Evaluation		
<b>Week 13:</b>			
Mon. Nov. 10	<b>2<sup>nd</sup> Skills Evaluation (5 pts)</b>	<b>Chapter 8</b>	
Wed. Nov. 12		<b>Homework 8 Due</b>	
<b>Week 14:</b>			
Mon. Nov. 17	Starts		
Wed. Nov. 19	Starts/Skill Review		
<b>Week 15:</b>			
Mon. Nov. 24	<b>Thanksgiving Break – No Class</b>		
Wed. Nov. 26	<b>Thanksgiving Break – No Class</b>		
<b>Week 16:</b>			
Mon. Dec. 1	Skill Review & <b>Final Skills Assessment (10 pts)</b>		
Wed. Dec. 3	<b>Final Skills Assessment (10 pts)</b>		
<b>Week 17:</b>			
Mon. Dec. 8	Last Day of Class		

**At the bottom, sign and date the form. You will not be permitted to participate in class until you have turned this page into your instructor.**

1. Daily attendance is required and is a significant component in the final calculation of my grade. I recognize that each absence I have, whether excused or unexcused, results in a 10 point deduction in my grade. I also acknowledge that in order to receive my points for an excused absence, I need to inform the instructor ahead of time and schedule with her a time to complete a workout.  
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2. I am required to complete homework assignments and quizzes and that the syllabus contains scheduled dates in which they need to be completed. Homework assignments are due at the beginning of class and will not be accepted late for ANY reason. If I am unable to attend class on a day when a homework assignment is due I recognize that I am responsible for getting the assigned material to the instructor by the beginning of the class period in order to receive credit. \_\_\_\_\_

3. When submitting homework assignments I am required to place any documentation in a standard folder that is clearly labeled with my name on the front. I recognize that if my assignments are not submitted in this manner I will not receive credit for the assigned material. I also recognize that it is my responsibility to print off any online documents that were identified on WebCT. \_\_\_\_\_

4. I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others. I recognize that I must complete all work for this course (i.e., exams and extra credit) without unauthorized assistance from others. Examples of unauthorized assistance include copying from another student or allowing another person to copy from me. Another example is completing work for another or allowing another to complete work for me. As a member of the academic community I recognize that I have a responsibility for knowing the policy and procedures on academic honesty. These procedures can be obtained from the Vice President for Academic Affairs or viewed at the following web site:  
[http://www.uga.edu/ovpi/academic\\_honesty/culture\\_honesty.htm](http://www.uga.edu/ovpi/academic_honesty/culture_honesty.htm)\_\_\_\_\_

5. I am aware that the Instructor, Caroline Schik, has office hours from 9:05-9:55 on Tuesday and Thursdays, and that I can get assistance from her regarding the course during these hours or at other times by making an appointment with her or contacting her via email at [cmschik@uga.edu](mailto:cmschik@uga.edu)  
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6. I have read the orange “Clearance for Safe Exercise Participation” administered on the first day of class and I am unaware of any health or medical conditions that could prevent me from safely participating in this class. If any of the conditions pertain to me I recognize that it is my responsibility to inform the instructor and contact my primary care physician to receive medical clearance before participating in class, and that I have 10 consecutive days to do so before I will begin losing 10 points for each absent class period. \_\_\_\_\_

I have read and agree to the above policies:

Signature-\_\_\_\_\_

Date\_\_\_\_\_