

**Department of Kinesiology
University of Georgia**

**PEDB 1310 Intermediate Swimming
Course Syllabus**

Course Information

Intermediate Swimming

PEDB 1310

Fall 2007 – 1 credit

Tuesday and Thursday – 9:05AM – 9:55AM

Ramsey 156

Instructor Information

Caroline Schik

Email: cmschik@uga.edu

Office Hours: Monday and Thursday 7:30am-8:30am or by appointment

Office Location: Room 102A 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. 9).
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 points are 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.

Textbook:

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

NO CLASS October 25 and November 22 for University Holidays

Course Evaluation:

All PEDB courses at UGA are graded as “S” (Satisfactory) or “U” (Unsatisfactory). A combined score of 60 is required to receive a grade of satisfactory. The following criteria will be used to evaluate and grade the student’s performance in this class.

ASSESSMENT

POINTS

Attendance	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 TUESDAY, NOVEMBER 20, 2007

DUE DATES FOR ASSIGNMENTS:

Assignment #1	Tuesday, August 28
Assignment #2	Tuesday, September 4
Assignment #3	Tuesday, September 11
Assignment #4 and notebook	Tuesday, September 25
Assignment #5	Tuesday, October 9
Assignment #6	Tuesday, October 23
Assignment #7	Tuesday, November 6
Assignment #8 and notebook	Wednesday, November 20

**PEDB 1310 Intermediate Swimming
Course Syllabus**

Course Timeline and Calendar

Date	Topic	Text	Skill Evaluations
Week 1:			
Thur. Aug. 16	Introduction and Syllabus		
Week 2:		Chapter 1	
Tues. Aug. 21	Initial Skill Evaluation		
Thur. Aug. 23	Introduction to Freestyle		
Week 3:		Chapter 2	
Tues. Aug. 28	Freestyle		
Thur. Aug. 30	Freestyle		
Week 4:		Chapter 3	
Tues. Sept. 4	Introduction to Backstroke		
Thur. Sept. 6	Backstroke		
Week 5:			
Tues. Sept. 11	Backstroke		
Thur. Sept. 13	Freestyle and Backstroke - Turns		
Week 6:		Chapter 4	
Tues. Sept. 18	Freestyle and Backstroke (technique and turns)		Skills Evaluation 1
Thur. Sept. 20	Introduction to Breaststroke		(5 points)
Week 7:			
Tues. Sept. 25	Breaststroke		
Thur. Sept. 27	Breaststroke		
Week 8:		Chapter 5	
Tues. Oct. 2	Introduction to Butterfly		
Thur. Oct. 4	Butterfly		
Week 9:			
Tues. Oct. 9	Butterfly		
Thur. Oct. 11	Breaststroke and Butterfly - Turns		
Week 10:		Chapter 6	
Tues. Oct. 16	Breaststroke and Butterfly (technique and turns)		Skills Evaluation 2
Thur. Oct. 18	Starts		(5 points)
Week 11:			
Tues. Oct. 23	Starts		
Thur. Oct. 25	Fall Break – No Class		

**PEDB 1310 – Intermediate Swimming
Course Syllabus**

Course Timeline and Calendar

<u>Date</u>	<u>Topic</u>	<u>Text</u>	<u>Skill Evaluations</u>
Week 12:			
Tues. Oct. 30	Finishes	Chapter 7	
Thurs. Nov. 1	Starts/Finishes		
Week 13:			
Tues. Nov. 6	Training and Competition		
Thur. Nov. 8	Training and Competition		
Week 14:			
Tues. Nov. 13	Training and Competition	Chapter 8	
Thur. Nov. 15	Water Safety Skills		
Week 15:			
Tues. Nov. 20	Water Safety Skills		
Thur. Nov. 22	Thanksgiving Break – No Class		
Week 16:			
Tues. Nov. 27	Skill Review		
Thur. Nov. 29	Skill Review		
Week 17:			
Tues. Dec. 4	Freestyle, Backstroke, Breaststroke, & Butterfly		Skills Evaluation 3 (10 points)
Thur. Dec. 6	Last Day of Classes		