I. LOCATOR INFORMATION

Semester: Spring 2015
Course No. & Name: PEDU 101-01 & 02 - Swimming
#Semester Hours of Credit: 1.0
Time Class Meets: MW 11-11:50 AM; TR 11-11:50 AM
Email: cslockamy01@uncfsu.edu
Instructors: Ms. Christina S. Lockamy
Office Location: Lilly Gym Room 234
Office Hours: M_____ T_____ W_____ TH_____ F_______

FSU Policy on Electronic Mail: Fayetteville State University provides to each student, free of charge, an electronic mail account (username@broncos.uncfsu.edu) that is easily accessible via the Internet. The university has established FSU email as the primary mode of correspondence between university officials and enrolled students. Inquiries and requests from students pertaining to academic records, grades, bills, financial aid, and other matters of a confidential nature must be submitted via FSU email. Inquiries or requests from personal email accounts are not assured a response. The university maintains open-use computer laboratories throughout the campus that can be used to access electronic mail. Rules and regulations governing the use of FSU email may be found at http://www.uncfsu.edu/PDFs/EmailPolicyFinal.pdf
II. COURSE DESCRIPTION

An introductory course in the fundamentals of swimming, with instruction provided at the beginning swimmers level of the Red Cross Program.

III. Title IX – Sexual Misconduct

Fayetteville State University (University) is committed to fostering a safe campus environment where sexual misconduct — including sexual harassment, domestic and dating violence, sexual assault, and stalking - is unacceptable and is not tolerated. The University encourages students who may have experienced sexual misconduct to speak with someone at the University so that the University can provide the support that is needed and respond appropriately. The Sexual Misconduct policy can be found at the following link: http://www.uncfsu.edu/Documents/Policy/students/SexualMisconduct.pdf

Consulting with a Health Care Professional - A student who wishes to confidentially speak about an incident of sexual misconduct should contact either of the following individuals who are required to maintain confidentiality:

Ms. Pamela C. Fisher Ms. Linda Melvin
Licensed Professional Counselor Director, Student Health Services
Spaulding Building, Room 165 Spaulding Building, Room 121
(910) 672-387 (910) 672-1454
psmith@uncfsu.edu lmelvi10@uncfsu.edu

Reporting an Incident of Sexual Misconduct - The University encourages students to report incidents of sexual misconduct. A student who wishes to report sexual misconduct or has questions about University policies and procedures regarding sexual misconduct should contact the following individual:

Ms. Victoria Ratliff
Deputy Title IX Coordinator for Students
Spaulding Building, Room 155
(910) 672-1222
vratliff@uncfsu.edu

Unlike the Licensed Professional Counselor or the Director of Student Health Services, the Deputy Title IX Coordinator is legally obligated to investigate reports of sexual misconduct, and therefore cannot guarantee confidentiality, but a request for confidentiality will be considered and respected to the extent possible.

Students are also encouraged to report incidents of sexual misconduct to the University’s Police and Public Safety Department at (910) 672-1911.

IV. TEXTBOOK: None
V. STUDENT LEARNING OUTCOMES

1. Compare the curricula offered to the learner with local and state requirements.

2. Analyze and improve movement pattern competencies of the learner at different learner of ability.

3. Plan, implement and evaluate a program of motor learning relevant to age characteristics, developmental levels and needs of the learner.

4. Skills and behaviors associated with health, physical education, and safety.

VI. SPECIFIC COURSE OUTCOMES

1. Students will, by the end of the course, have demonstrated two methods of water adjustment.

2. Upon completion of the course, students will have illustrated the flutter kick for a distance of 20 feet.

3. Upon completion of the course, students will have performed rhythmic breathing and bobbing for one minute.

4. By the end of the course, students will have demonstrated the Front Crawl stroke for a distance of 25 yards.

5. Upon completion of the course, students will have performed the front dive for a distance of 10 yards.

6. Upon completion of the course, students will have performed the Elementary backstroke for a distance of 15 yards.

7. Plan, implement and evaluate a program of motor learning relevant to age characteristics, developmental levels and needs of the learner.

8. Develop skills and behaviors associated with health, physical education, and safety.

9. Analyze and improve movement pattern competencies of the learner at different learner of ability.

VII. UNIVERSITY COLLEGE CORE---TRANSTITIONAL STUDIES (LIFE SKILLS) CORE SLOs

5. Analyze personal strengths and weaknesses.
7. Develop and demonstrate competencies of information literacy and experiential learning.

VIII. EVALUATION CRITERIA

A. Class attendance, participation, attitude, quizzes, oral reports, written assignments, etc. = 20%

B. Practical Examination = 60%

C. Mid-term Examination = 10%

D. Final Examination = 10%

Grading Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>92 - 100</td>
</tr>
<tr>
<td>B</td>
<td>83 - 91</td>
</tr>
<tr>
<td>C</td>
<td>73 - 82</td>
</tr>
<tr>
<td>D</td>
<td>64 - 72</td>
</tr>
<tr>
<td>F</td>
<td>below 63</td>
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</tbody>
</table>

1. Practical Test - a continuous process of three level tests, each containing ten (10) items totaling 10 points each for a total of 300 points. The total score will be added to the written test score.

2. Written Test - one (1) test totaling 100 points to be added to the practical test score.

3. Written Assignment – by week 9 of the semester a two page paper will be due on swimming safety rules & benefits of swimming. The student will be evaluated by a rubric format and must score 73% or better on the safety rules and benefits of swimming.

4. Pre- Mid-term and Post Test – a pre-test will be given on week 2 of class to evaluate each student strengths and weaknesses, a mid-term test will be given on week 7-8 to determine how much each student has learn through mid-term and a post-test will be given on week 15 to see how each student have progress throughout semester.

Grading Scale:

<table>
<thead>
<tr>
<th>Total Points</th>
<th>Grade</th>
</tr>
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<tbody>
<tr>
<td>0 - 644</td>
<td>NC</td>
</tr>
<tr>
<td>645 - 734</td>
<td>D</td>
</tr>
<tr>
<td>735 - 834</td>
<td>C</td>
</tr>
<tr>
<td>835 - 914</td>
<td>B</td>
</tr>
<tr>
<td>915 - 1000</td>
<td>A</td>
</tr>
</tbody>
</table>
ABSENTEE POLICY

In addition to the University's policy on absenteeism, any unexcused absence above the allowable minimum will result in one (1) point being deducted from the student's final grade average. Example: Final grade average 92 = A; 3 unexcused absences = minus 3 points; 3 points deducted (92 - 3 = 89) = B grade.

Excused absences include **DOCUMENTED** emergencies, medical or otherwise; University service, i.e., athletics, band, choir, etc., or instructor's approval. **This policy includes all levels of classes (100 thru 400 levels.)**

IX. COURSE OUTLINE WITH ASSIGNMENT SCHEDULE

1. Understanding the Sport of Swimming  
   Weeks 1 & 2
2. A Swimmer's Responsibility  
   Weeks 3 & 4
3. From Non-swimmer to Swimmer  
   Weeks 5 & 6
4. The Advantages of Swimming  
   Weeks 7 & 8
5. The Benefits of Swimming  
   Weeks 9 & 10
6. Teaching the Beginning Swimmer  
   Weeks 11 & 12
7. Physical Laws Governing Body Movement in the Water  
   Weeks 13 & 14
8. Analysis of Basic Swimming Strokes  
   Weeks 15 & 16
9. Related Aquatic Skills  
   Weeks 17 & 18

X. COURSE REQUIREMENTS

Each student will be expected to meet the following criteria:

1. Class Participation and Attendance
2. Midterm Examination
3. Final Examination
4. Practical Examination

XI. INSTITUTIONAL GUIDELINES

**Academic Integrity:** Dishonesty in Academic Affairs  
Acts of dishonesty in any work constitutes academic misconduct. Such acts include cheating, plagiarism, misrepresentation, fabrication of information, and abetting any of the above. Plagiarism in particular presents pitfalls to be avoided: failure to document any words, ideas, or other contributions that do not originate with the author constitutes plagiarism. Widespread use of the World Wide Web (Internet) requires particular attention to proper documentation practices. Individual course syllabi offer additional clarification about requirements for proper documentation. Actions outlined in the Fayetteville State University Student Handbook under Disciplinary System and Procedures will be followed for incidents of academic misconduct. The handbook may be obtained from the Office of Student Affairs located in the Collins Administration Building.  *Fayetteville State University Undergraduate Catalog pg. 85*
**Behavior in the Classroom**

The *Code of the University of North Carolina* (of which FSU is a constituent institution) and the *FSU Code of Student Conduct* affirm that all students have the right to receive instruction without interference from other students who disrupt classes.

FSU Core Curriculum Learning Outcome under Ethics and Civic Engagement (6.03): All students will “prepare themselves for responsible citizenship by fulfilling roles and responsibilities associated with membership in various organizations.” Each classroom is a mini-community. Students learn and demonstrate responsible citizenship by abiding by the rules of classroom behavior and respecting the rights all members of the class.

The FSU Policy on Disruptive Behavior (see FSU website for complete policy) identifies the following behaviors as disruptive:

1. Failure to respect the rights of other students to express their viewpoints by behaviors such as repeatedly interrupting others while they speak, using profanity and/or disrespectful names or labels for others, ridiculing others for their viewpoints, and other similar behaviors;
2. Excessive talking to other students while the faculty member or other students are presenting information or expressing their viewpoints;
3. Use of cell phones and other electronic devices;
4. Overt inattentiveness (sleeping, reading newspapers);
5. Eating in class (except as permitted by the faculty member);
6. Threats or statements that jeopardize the safety of the student and others;
7. Failure to follow reasonable requests of faculty members;
8. Entering class late or leaving class early on regular basis; and
9. Others as specified by the instructor.

The instructor may take the following actions in response to disruptive behavior. Students should recognize that refusing to comply with reasonable requests from the faculty member is another incidence of disruptive behavior.

1. Direct student to cease disruptive behavior;
2. Direct student to change seating locations;
3. Require student to have individual conference with faculty member. At his meeting the faculty member will explain the consequences of continued disruptive behavior;
4. Dismiss class for the remainder of the period; (Must be reported to department chair)
5. Lower the student’s final exam by a maximum of one-letter grade; or
6. File a complaint with the Dean of Students for more severe disciplinary action.

Students who believe the faculty member has unfairly applied the policy to them may make an appeal with the faculty member’s department chair.

**Class Attendance**

Students are expected to attend all class meetings, laboratories, and other instructional sessions for all courses in which they are enrolled. Students are also expected to arrive to class on time and remain in class for the entire scheduled period. Likewise, students are expected to complete all assigned Blackboard activities within the assigned window of time. When students must miss class(es) for unavoidable reasons, i.e., illness, family emergencies, or participation in official university sponsored activities – they are responsible for informing faculty of the reasons for the absences, in advance if possible, and completing all missed assignments.

During the first half of the semester/term, faculty will assign an interim grade of “EA,” Excessive Absences, for students whose class absences exceed 10% of the total contact hours for the class. Students who receive EA interim grades must either withdraw from the class or resume
attendance. Students who resume attendance must consult with the instructor about completion of missed assignments. The EA is not a final grade, so students who are assigned an interim grade of EA, but do not withdraw from the class, will receive a final grade based on the evaluation criteria for the class.

**Excused Absences**  

Students shall be allowed a minimum of two (2) excused absences each academic year for religious observances required by the faith of the student. Such absences must be requested in accordance with the procedures in this Policy.

The minimum of two (2) excused absences from classes for religious observances shall not be counted against any mandatory attendance requirements; however beyond the minimum stated in this Policy, instructors shall maintain authority to establish and enforce the attendance policy for the courses they are teaching.

Students shall be given the opportunity to make up tests and other work missed due to an excused absence for a religious observance. Students shall not be relieved of their responsibility for any part of the course work required during their period of absence. Instructors may appropriately respond if a student fails to satisfactorily complete any alternative assignment or examination.

**Requesting an Absence due to Religious Observance**

A. At least ten (10) calendar days prior to the date of the observance, a student shall complete the Request for Class Absence Due to Required Religious Observance form and submit it to the Center for Personal Development.

B. If the student has provided the Request for Class Absence Due to Required Religious Observance form to the Center for Personal Development in the time prescribed, the student shall be granted the excused absence as prescribed by this Policy. The Center for Personal Development shall be responsible for notifying the student’s instructors of the student’s approved absence.

C. The Center for Personal Development shall also be responsible for denying a student’s request should the student have exceeded the student’s two (2) excused absences, as allowed by this Policy. In such instances, the student should make a request for an excused absence due to a religious observance directly to the student’s instructors. The instructor will evaluate the student’s request according to the guidelines in the course syllabus regarding excused absences. If the student’s request is approved, the student shall be responsible for completing all make-up assignments.

**Grade of Incomplete**

A grade of incomplete will only be assigned upon mutual agreement between instructor and student and in the case of extremely extenuating circumstances. Extenuating circumstances might include significant health issues or death in the immediate family. A contract will be developed between student and instructor outlining a plan for course completion and deadline for work to be submitted.

**Withdrawal from Class**

Complete the form available on the registrar’s website  
http://www.uncfsu.edu/registrar/forms.htm, obtain signatures from instructor and advisor, then return completed form to Registrar's office. You will not receive any refund of tuition and fees.
for withdrawing from a class. You should strive to earn credit for any and all classes you are enrolled in. If you are withdrawing from all the courses in which you are enrolled, even if you are enrolled in only one course, you must withdraw from the university. Excessive withdrawals will jeopardize your financial aid. Ask Financial Aid about the 67% rule. Effective fall 2009 you will be permitted five no-penalty class withdrawals only. After 5 they will be calculated as "F".

**Withdraw from the University**
Withdraw from University means you are withdrawing from all classes for the semester due to circumstances that prevent you from being able to complete classes. Locate the deadlines for the drop/add period and withdrawal at the Office of the Registrar’s website: http://www.uncfsu.edu/registrar/index.htm Also, in addition to your instructor, contact the Center for Personal Development at (910) 672 1203/1222 for additional support and information regarding special circumstances that prevent you from being able to complete classes

**Disabled Student Services**
In accordance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ADA) of 1990, if you have a disability or think you have a disability to please contact the Center for Personal Development in the Spaulding Building, Room 155 (1st Floor); 910 672 – 1203.

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**Inclement Weather**
We will follow the Fayetteville State University inclement weather schedule. Consult the university webpage, local radio and television statements for announcements. While the university may be closed, online courses may continue as scheduled.

**Register your phone for emergency text alerts** (optional). FSU has a state-of-the-art emergency alert system. One part of that system allows students to register a cell phone to receive text alerts about emergency situations on campus (e.g., closure due to inclement weather). To register a phone,

Go to the FSU Bronco Alert Emergency Message Sign-Up page.
Enter your Banner ID.
Enter your cell phone number, then enter it again to verify.
Click Submit.

**REFERENCES**

American Red Cross, Life Saving Methods, Washington, D.C. American Red Cross, First Aid and Life Saving Service.

American Red Cross Manual, Swimming and Water Safety.

American Red Cross, "Teaching Johnny to Swim."


# Practical Tests

## Beginning Swimming

### Test I (100 Points)

1. Breath holding - 10 seconds
2. Prone glide - across pool
3. Back glide - across pool
4. Prone glide w/kick - across pool
5. Back glide w/kick - across pool
6. Arm stroke (20 feet) - across pool
7. Front Crawl stroke (20 yards) - pool length
8. Jump in deep and level off
9. Rescue skills
10. Turn over and change direction

**Total**

### Test II (100 Points Maximum)

1. Rhythmic breathing - full length
2. Survival floating - 2 minutes
3. Treading water - 30 seconds
4. Elementary backstroke - full length
5. Diving and underwater swim (15 feet)
6. Front Crawl stroke (25 yards)
7. Use of personal floatation device
8. Safety and rescue techniques
9. First combined skills (25 yards)
10. Artificial respiration

**Total**

### Test III

1. Leg kicks
   - a. Front Crawl (20 yards)
   - b. Breast (20 yards)
2. Arm Strokes:
   - a. Front Crawl (20 yards)
   - b. Elementary Back (20 yards)
3. Elementary backstroke
4. Selected stroke (100 yards)
5. Survival floating (5 minutes)
6. Treading water (1 minute)
7. Underwater swimming (15 feet)
8. Standing front dive-board
9. Rescue skills (Basic)
10. 5-minute swim

**Total**

**Written Total**

**Grand Total**

**Final Total**