



FAYETTEVILLE STATE UNIVERSITY
FAYETTEVILLE, NORTH CAROLINA

DEPARTMENT OF
HEALTH, PHYSICAL EDUCATION AND HUMAN SERVICES

I. LOCATOR INFORMATION

Semester: Fall 2009

Course No. & Name: PEDU 101 - Swimming

#Semester Hours of Credit: 1

Time Class Meets: _____

Instructors: Dr. Gloria Elliott

Office Location: HPERC 327 Office Phone: 672-1115

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. TEXTBOOK

IV. SPECIFIC COURSE OBJECTIVES

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 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.

V. COURSE COMPETENCIES

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. EVALUATION CRITERIA

- | | | | |
|----|--|---|-----|
| A. | Class attendance, participation, attitude, quizzes, oral reports, etc. | = | 10% |
| B. | Practical Examination | = | 60% |
| C. | Mid-term Examination | = | 15% |
| D. | Final Examination | = | 15% |

Grading Scale

A	=	92	-	100
B	=	83	-	91
C	=	73	-	82
D	=	64	-	72
F	=	below		63

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.

Grading Scale:

<u>Total Points</u>			<u>Grade</u>
0	-	237	NC
238	-	277	D
278	-	317	C
318	-	357	B
358	-	400	A

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 level.)**

VII. COURSE OUTLINE WITH ASSIGNMENT SCHEDULE

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

VIII. 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

IX. DISABLED STUDENT SERVICES: In accordance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ACA) 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.

REFERENCES

American Red Cross, Swimming and Aquatics Safety, Washington, D.C., The American National Red Cross, 1985.

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."

Ainsworth, Dorothy S., et al., Individual Sports for Women, (4th ed.), Philadelphia: W.B. Saunders Co., 1963.

Brennan, C.F., Maglischo, E.W., Swimming For The Health Of It, Palo Alto, California, Mayfield Publishing Company, 1995

John A. Torney, Jr. and Robert D. Clayton, Aquatic Instruction, Minneapolis, Minnesota, Burgess Publishing Company, 1970.

Councilman, James E., The Science of Swimming, Englewood Cliff, N.J. Prentice-Hall, Inc., 1968

Mackenzie, M.M., Spears, Betty, Beginning Swimming, Belmont, California Wadsworth Publishing Company, Inc. 1976.

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. | 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. | 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. Crawl (20 yards) | _____ |
| | b. Breast (20 yards) | _____ |
| 2. | Arm Strokes: | |
| | a. 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 _____

