



FAYETTEVILLE STATE UNIVERSITY
SCHOOL OF EDUCATION

DEPARTMENT OF
HEALTH, PHYSICAL EDUCATION AND HUMAN SERVICES

I. LOCATOR INFORMATION

Semester: Fall 2009

Course No. & Name: PEDU 201 - Swimming II

#Semester Hours of Credit: 1

Time Class Meets: _____

E-mail address: gelliott@uncfsu.edu

Instructors: Dr. Gloria Elliott

Office Location: HPERC RM #327 Office Phone: 672-1115

Office Hours: M _____ T _____ W _____ TH _____ F _____

II. COURSE DESCRIPTION

A course in swimming emphasizing the following swimming strokes and skills; breast stroke, inverted breast stroke, trudgen crawl, side stroke, American crawl, butterfly, and fundamental diving skill

III. TEXTBOOK

American Red Cross Manual, Swimming and Water Safety

IV. SPECIFIC COURSE OBJECTIVES

Dedicated to the great task of teaching the art of swimming and water safety, instructors in the field must be facilitators of vision as well as the skills needed to discover the principles and methods of water locomotion. The aquatics-minded people of our aquatic-minded world must develop some degree of expertise in aquatic trends, activities, and safety procedures.

This course is designed to elevate physical education majors competent in beginning swimming skills to the intermediate level. Students will advance to the level of developing the following strokes: Breast stroke, Inverted breast stroke, Trudgen stroke, Trudgen crawl stroke, Butterfly stroke, and fundamental diving skills. Students will develop expertise in aquatic trends, activities and safety procedures as well as vision to discover principles and

methods of water locomotion.

V. COURSE COMPETENCIES

1. Know functions of and resources available from local, state and national agencies and organizations which serve different segments of the profession.
2. Compare the curricula offered to the learner with local and state requirements.
3. Provide learning experiences in which physical activity can be enjoyed as lifetime leisure activities by the learner.
4. Provide a learning climate conducive to successful participation and the development of a positive self-image.
5. Maintain a level of personal fitness which serves as a role model for the learner.
6. Analyze and improve movement patterns competencies of the learner at different levels of ability.
7. Demonstrate knowledge and skills required by the Red Cross Swimmer Course.

Behavioral Objectives

1. To move the student further in watermanship ability and stroke development.
2. Allow the student to become more familiar with aquatics activities.
3. To introduce, briefly, the interaction of springboard diving.

VI. EVALUATION CRITERIA

A.	Attendance, participation, attitude	10%
B.	Practical Examination (Skills test)	70%
C.	Written Test	20%
D.	Mid-Term Examination	
E.	Final Examination	

Grading Scale

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

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. Review basic strokes taught in PEDU 101: elementary backstroke, front crawl, back crawl and sidestroke.
2. Learn new strokes: trudgen, trudgen crawl, overarm sidestroke, breast stroke and the inverted breast stroke.
3. Introduce springboard diving.
4. Develop a knowledge of water stunts and surface dives.
5. Swim 100 yards using sidestroke: 50 yards using elementary backstroke.
6. Execute simple turns - front, side and back - in good form.
7. Survival float for three minutes.
8. Survival stroke for three minutes.
9. Sculling backward for a minimum of ten yards.
10. Float motionless on the back for one minute.
11. Tread water for one minute.
12. Swim underwater a minimum of 15 feet.
13. Coordinate a standing front dive into deep water in good form.
14. Demonstrate knowledge of no swimming rescue and safety rules to be used in the case of accident or emergency.
15. Correctly identify terms on a written examination with 75% accuracy.

VIII. COURSE REQUIREMENTS

1. Everyone must wear an official swimsuit.
2. Everyone must attend all classes (according to University policy).
3. Each student must supply his/her own towel.
4. Pass written skills test with 75% accuracy.

IX. TEACHING STRATEGIES

1. Pretest on swimming skills
2. Lecture
3. Demonstration
4. Practice
5. Examinations
6. Group discussions
7. View American Red Cross films on basic swimming strokes and techniques
8. Participate in games of low organization adapted for swimming
9. Post-test on swimming skills