BEGINNING SWIMMING
PHED 107-002
CREDITS: 2
FALL SEMESTER 2010

Instructor: H. Bora Yatagan

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Phone: 953-5548 (office)

Class Meeting Location: Stern Center Pool

Office Hours: By appointment

Class Time: M, W, F 10:00am-10:50am. Students are expected be on deck and ready to swim at 10:05am. On swimming days, class will end at approximately 10:45am (to allow time for shower and changing), while lecture days, if the pool is unavailable, will end at the scheduled time.

Course Prerequisites: This course is designed for students who have little or no experience in the water. A skill evaluation will be performed during the first pool session to determine student’s ability and achievement level.

Course Description: This class is designed to develop / improve basic swimming skills, as well as gain an education in the area of aquatic safety.

Course Text / Materials: No books, handouts will be provided by the instructor if needed.

Course Objective: The goals of this class are as follows:
1) To learn to swim or swim more efficiently
2) To understand safety principles as they apply to swimming
3) To understand the health benefits of swimming
4) To learn a new component of swimming (competitive swimming, etc)

Course Requirements: Students will be expected to attend all swimming sessions and classroom lectures given by the instructor. Students will be expected to participate in all class activities (both individual and group) as well as complete any assignments given by the instructor. As swimming demands a degree of physical exertion, students are expected to be in the proper physical condition. In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

Course Content:
1) Pool sessions are the most important part of this course- Students will be taught how to gain confidence and comfort of being in an aquatic environment. Students will learn areas of aquatic safety and basic survival skills (floating, treading water, etc.). Students will learn the principles of swimming (breathing, hydrodynamics) and the following strokes: Freestyle, Backstroke, and Elementary Backstroke. Skills such as entering the pool (jumping, diving) will also be covered. In-water skill tests will be administered throughout the semester to measure achievement. A final skills exam will be administered at the end of the semester.
2) Classroom sessions- If needed due to the pool availability there will be lectures given. Students will learn the benefits of swimming as it relates to overall health and physical wellness. A history of swimming will also be covered, as well as education regarding the competitive side of the sport.

**NOTE:** Swimming is a physical activity that has various skill levels. As this course will be taught according to the overall level of the CLASS as a whole, the instructor reserves the right to modify the **syllabus** as needed throughout the semester.

**Evaluation Protocol:** Students will be graded on the C of C School of Education Health and Human Performance grading scale. Students will be graded based on the following criteria:

1) ATTENDANCE IS REQUIRED TO PASS THIS COURSE.
2) Attitude and class participation. Please come to class prepared to swim and interact with your classmates.
3) Water skills progression assessment, on an individual basis and according to progress and ability.

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**Class Overview:**

<table>
<thead>
<tr>
<th>Week</th>
<th>PHED 107-002</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction, Water safety and Lockers</td>
</tr>
<tr>
<td>2-3</td>
<td>Swim skill test and water introduction. Beginning Freestyle, Intro to deep water, Floating. <strong>10 Minute Kick</strong></td>
</tr>
<tr>
<td>4-5</td>
<td>Backstroke basics, Elementary backstroke, Jumping, <strong>10 Minute swim</strong></td>
</tr>
<tr>
<td>6-7</td>
<td>Scissor kick, shallow diving and Treading water, <strong>10 Minute Kick</strong></td>
</tr>
<tr>
<td>8</td>
<td>Review and Water Tests Freestyle, Backstroke,</td>
</tr>
<tr>
<td>Age Range</td>
<td>Activity</td>
</tr>
<tr>
<td>-----------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>9-10</td>
<td>Butterfly kick, Treading water, Survival Floating, 10 Minute swim</td>
</tr>
<tr>
<td>11-12</td>
<td>10 Minute Swim, 10 Minute Kick and Water Test of remaining strokes and skills</td>
</tr>
</tbody>
</table>

**Grading:**

<table>
<thead>
<tr>
<th>Type</th>
<th>PHED 107-002 Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>200 points</td>
</tr>
<tr>
<td></td>
<td>(-8 for each day missed)</td>
</tr>
<tr>
<td>10 Minute Kick Test</td>
<td>10 points</td>
</tr>
<tr>
<td>10 Minute Swim Test</td>
<td>10 points</td>
</tr>
<tr>
<td>Water Test #1</td>
<td>20 points</td>
</tr>
<tr>
<td>Water Test #2</td>
<td>40 points</td>
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</tbody>
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**Grading continued:**

<table>
<thead>
<tr>
<th>Test Type</th>
<th>PE 101</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Minute Kick</td>
<td>Number of lengths = Max 10</td>
</tr>
<tr>
<td>Max 10 lengths 250m</td>
<td>Point total Max 10</td>
</tr>
<tr>
<td>10 Minute Swim</td>
<td>Number of lengths -2 = point total Max 10</td>
</tr>
<tr>
<td>Max 12 lengths 300m</td>
<td></td>
</tr>
</tbody>
</table>
### Water Test #1
- Free, Back, Elem. Back, Jumping
  - (5 points each)

### Water Test #2
- Butterfly Kick, Scissor Kick, Diving, Treading Water + All of Water Test #1
  - (5 points each)

Total Possible Points = 280

#### Grading Scale:
- **A** = 260-280
- **A-** = 255-259
- **B+** = 249-254
- **B** = 241-248
- **B-** = 235-240
- **C+** = 230-234
- **C** = 221-229
- **C-** = 216-220
- **D+** = 210-215
- **D** = 202-209
- **D-** = 196-201
- **F** = 0-195

#### Attendance:
1. Students will be required to sign in to each class.
2. Each unexcused absence will result in an 8 point deduction from the overall attendance grade.
3. Students too ill to participate in the water sessions (fever, cough, or flu-like symptoms) are asked to NOT attend class, but to go to Health Services and get tested. Students may bring the instructor a note upon clearance by Health Services.
4. Students forgetting their swim suits should plan on attending class regardless this will result in a 2 point deduction from the overall final grade.
5. Excused absences due to illness shall be granted upon presentation of a letter from the Absence Memo Office, 67 George St. (this applies to illness and official school functions).
6. Arriving late to class (more than 10 minutes) will result in a tardy. Two tardies equals one unexcused absence.

#### Honor System:
The Honor System at the College of Charleston is intended to promote and protect the atmosphere of trust and fairness in the classroom and in the conduct of daily life. Any student found in violation of the College of Charleston’s Honor Code will result in an “F” for the course. The complete Honor Code can be found on the College website.

#### Supplies:
The following supplies will be needed for class:
1. ONLY bathing suits are allowed in class. Any type of clothing OTHER than swim apparel will be unacceptable. Cut-offs, shorts, etc. are not permitted.
2. Swim Caps ARE allowed.
3. All students are encouraged to wear swimming goggles for each class (NOT supplied by instructor).
4. Students must provide their own towel.
5. Lockers are available for student use during each class session. Lockers (with locks) may also be rented at the cost $15 for the semester (Ask the instructor for more details). Locks will be the responsibility of the students and they must be removed after each class.
LOCKS ARE TO BE LEFT ON LOCKERS OVERNIGHT. The College of Charleston will not be responsible for lost or stolen articles.

General Rules:
1) All students are expected to know and follow the pool rules as posted in the pool area.
2) Gum is not allowed during swim class. Students who disregard this important safety rule will be given a warning on the first offense, and then will have 1 point deducted from their final grade for each violation afterwards.
3) Food and drink (other than water), are allowed in the locker room, but not in the pool area. Glass is not allowed in locker rooms or on the pool deck at any time!
4) ALWAYS wait for permission from the instructor before entering the water.
5) Shoes are not allowed on the pool deck.
6) Jewelry should not be worn during class.
7) Students must stay off the diving boards and starting blocks.
8) Training equipment is not to be used without instructor’s consent.
9) Student’s must inform the instructor if you need to go to the restroom
10) Food intake before class should be kept to a minimum