ADVANCED SWIMMING
PHED 108-001
CREDITS: 2
SPRING SEMESTER 2012

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 9:00am-9:50am. Students are expected to be on deck and ready to swim at 9:05am. On swimming days, class will end at approximately 9:40am (to allow time for shower and changing), while lecture days, if pool is unavailable, will end at the scheduled time.

Course Prerequisites: This course is designed for students who have successfully achieved the skills offered in Beginning Swimming, and possess a limited through advanced ability of swimming. 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 build upon the skills and knowledge gained in Beginning Swimming, as well as gain an education in the area of aquatic safety. Students will learn how to create and utilize workout regiments to further their fitness level.

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 understand the safety skills necessary for safe swimming.
2) To gain a more advanced understanding of the principles of hydrodynamics and stroke mechanics.
3) To develop greater proficiency in Freestyle, Backstroke, Butterfly, and Breastroke.
4) To learn and demonstrate the use of starts and turns used in fitness and competitive swimming.
5) To learn and understand the value and opportunities offered by fitness and competitive swimming.

Course Requirements: Students will be expected to attend all swimming sessions and classroom lectures, if needed, 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 the course- Students will learn / review 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, Breaststroke, and Butterfly. Students will also learn how to create programs for fitness and competitive training. 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- Classroom lectures will be utilized if the pool is unavailable. Students will learn the benefits of swimming as it relates to overall health and physical wellness. 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:

Class Overview:

<table>
<thead>
<tr>
<th>Week</th>
<th>PHED 108-001</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction, Water safety and Lockers</td>
</tr>
<tr>
<td>2-3</td>
<td>Deep water testing, Freestyle review. Backstroke and Elementary backstroke review. 10 Minute Kick</td>
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<tr>
<td>4-5</td>
<td>Breaststroke and Butterfly, Shallow dives, 10 Minute swim</td>
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<tr>
<td>6-7</td>
<td>Sidestroke and water rescues, Treading water, 10 Minute Kick</td>
</tr>
<tr>
<td>8</td>
<td>Review and Water Tests Freestyle, Backstroke, Elementary Back and</td>
</tr>
<tr>
<td>Time</td>
<td>Diving</td>
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<tr>
<td>-------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>9-10</td>
<td>Swim workouts and Reviews of new strokes, Eggbeater kick</td>
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<tr>
<td></td>
<td><em>10 Minute swim</em></td>
</tr>
<tr>
<td>11-12</td>
<td><em>10 Minute Swim, 10 Minute Kick and Water Test of remaining strokes and skills</em></td>
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</tbody>
</table>

**Grading:**

<table>
<thead>
<tr>
<th>Type</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td></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>Written Exam</td>
<td>20 points</td>
</tr>
<tr>
<td>Final Exam</td>
<td>40 points</td>
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**Grading continued:**

<table>
<thead>
<tr>
<th>Test Type</th>
<th>Number of lengths – 2 = point total 10 max</th>
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</thead>
<tbody>
<tr>
<td>10 Minute Kick</td>
<td>Number of lengths – 4 = point total 10 max</td>
</tr>
<tr>
<td>Max 12 lengths 300m</td>
<td></td>
</tr>
<tr>
<td>Max 14 lengths 400m</td>
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</tbody>
</table>
Written Exam
General Swimming Info
(Take Home Exam)
20 Points

Final Exam
10 Minute Kick Test (10 points)
10 Minute Swim Test (10 points)
Swimming Skill Test (20 points)

Total Possible Points = 280

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

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 final 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. **NO PERSONAL 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.