College of Charleston
PEAC 107-01 Beginning Swimming

Spring 2015  2 Semester Hours

Time & Place:  9:25-10:40 am  T,Th, Theodore S. Stern Center Pool

Instructor:  Stephen H. Fernandez

Office Located:  Theodore S. Stern Center Pool

Office Phone:  843-614-9813  email: fernandezsh@cofc.edu

Office Hours:  Available by appointment.

Prerequisites:  None


Course Description:  This course will include instruction on basic swimming skills and safety in the aquatic environment.

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

Course Objectives:  Competencies within the course should prepare students:
  1. To develop and improve basic skills in swimming by lecture, reading supplemental materials, and participating in swimming related exercises
  2. To provide a basic knowledge and understanding of swimming for exercise, competition, and survival.
  3. To develop an enjoyment of the activities providing an opportunity for physical fitness through life-long participation.

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:
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 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, Elementary Backstroke, Breaststroke, and Butterfly. Skills such as entering the pool (jumping and 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.

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

1. ATTENDANCE IS REQUIRED TO PASS THE 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.

Written Report - Students will write one report on a topic related to swimming. The Report must be a minimum of 2 typed pages with a separate title and reference page. The report must reference 2 sources, which may be from a magazine, newspaper or Journal Article.

Participation – Attending class, warming-up properly, engaging in learning activities fully and showing respect to classmates is extremely important and is expected in this class. Points will be awarded for attendance, punctuality/warm-up, participation, and student conduct.

- Written Report 40pts
- Skills Test I Swimming 40pts
- Skills Test II Swimming 40pts
- Attendance 100pts
- Participation 100pts

Total 320pts

Grading Scale:
A = 93-100%  B- = 80-82%  D+ = 70-71%
A- = 90-92%  C+ = 78-79%  D = 68-69%
B+ = 88-89%  C = 74-77%  D- = 66-67%
B = 83%-87%  C- = 72-73%  F = < 66%

Bonus Points: You may earn bonus points for attending the College of Charleston Swimming and Diving meet versus Gardner-Webb on Friday, January 23 and Saturday January 24.

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.

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 the 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 instructor for 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.
3. Food or 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. Students must inform the instructor if you need to go to the restroom.
10. Food intake before class should be kept to a minimum.

Honor System: Students must do their own work. Please see the 2014- 2015 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

College of Charleston Honor Code and Academic Integrity

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will be handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration--working together without permission-- is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Students can find the complete Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.
**Classroom Code of Conduct:** Code language that guides our responses to classroom disruption can be found in the Student Handbook: A Guide to Civil and Honorable Conduct.

The Student Code of Conduct specifically forbids

Disruption or obstruction of teaching, research, administration, disciplinary proceedings, other college activities, including its public service functions on or off campus, or other authorized non-college activities when the act occurs on college premises.

**The Classroom Code of Conduct** (from the President's Advisory Committee) covers specific principles of civil conduct expected in a college classroom:

- Do not cut classes, come in late or leave early.
- Never leave during class unless you absolutely must. Leaving for a short break and then returning is not acceptable.
- Turn off cell phones, pagers and all other electronic devices.
- It is rude and unacceptable to talk with classmates while the professor (or another student who has the floor) is talking.
- Visible and noisy signs of restlessness are rude as well as disruptive to others.

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**Swimming**

**Tentative Class Schedule**

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<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Policies, Procedures, Safety, Rules,</td>
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<tr>
<td>Week 2</td>
<td>Swimming skills assessment</td>
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<td>Week 3</td>
<td>Kicking, Breathing, Freestyle technique</td>
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<td>Week 4</td>
<td>Freestyle, Swim workouts, Backstroke technique</td>
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<td>Week 5</td>
<td>Swim workouts, Breastroke technique</td>
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<td>Week 6</td>
<td>Swim workouts, Butterfly technique</td>
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<td>Week 7</td>
<td>Skills Test I</td>
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<td>Week 8</td>
<td>Swim workouts, Diving</td>
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<td>Week 9</td>
<td>Swim workouts, Treading water, Elementary Backstroke</td>
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<td>Week 10</td>
<td>Swim workouts, Competitive Swimming</td>
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<td>Week 11</td>
<td>Swim workouts, Open Water Swimming</td>
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<td>Week 12</td>
<td>Swim workouts, Water Polo</td>
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<td>Week 13</td>
<td>Swim workouts</td>
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<td>Week 14</td>
<td>Skills Test II</td>
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