Course: Swimming P.A. 1112-010
MW (9-9:50 a.m.)

Instructor: Jack Plott, BS, MAT, M.Ed, American Red Cross Water Safety Instructor & WSI-trainer since 1970
Dept. of Defense Dependent Schools (1990-2006)(overseas) P.E. K-12
ASU Kinesiology Dept. Spring 2009 to present

Phone: (work) 942-2173, (home) 949-9807, (cell) 227-5649

Course: Swimming P.A. 1112-020
MW (10-10:50 a.m.)

Office Hours: CHP 105
MW 8-8:45, 11-11:45 a.m.
TTR 9:15-10:45 a.m.
F 10-12 p.m.

E-mail: cplott@angelo.edu

Course Description:

This course will provide the student with principles and techniques of swimming. Students will develop essential stroke mechanics involved in swimming in an effort to minimize resistance against the water. Students will also learn the importance of water safety and basic water survival techniques. This course will start with a moderate rate of physical conditioning and will increase as we move towards the end of the semester, as muscular strength and aerobic endurance capabilities are simultaneously increased. I will grade your stroke mechanics comprising the arms, legs, breathing and coordination of each
stroke. The strokes do NOT have to be perfect.....but reasonable.

Course Objectives:

Upon completion of this course, students should be able to:
1. Float in the water without a floatation aid.
2. Demonstrate treading water.
3. Demonstrate the following major strokes: front crawl (freestyle), back crawl (back stroke), breast, elementary back, side and the butterfly stroke.
4. Demonstrate the following minor strokes: trudgen, trudgen crawl, overarm side and the inverted breast stroke.
5. Demonstrate a standing dive front the deck.
6. Use swimming as a mode of cardiovascular exercise.

Students will also receive an understanding in various wellness topics as: portion control, hidden ingredients in many beverages and ways to slow down the aging process and at the same time, increase the quality of their lives.

Course Attendance & Participation

Attendance is required for success in this course. We will have 30 class days with each counting 2.0 points (60 points total for the semester). You may make up absences by swimming at least 40-50 minutes in the afternoons/evenings with written lifeguard verification (which will be turned into me the next class for credit). Please note, I WILL NOT allow you to make up more than 2 absences during the semester. Excused absences include: university-sponsored activities, religious holy day (s) and military training. The pool hours are posted outside the entrances to CHP.

<table>
<thead>
<tr>
<th>Course Grading</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>Major stroke skills</td>
<td>6%</td>
</tr>
<tr>
<td>Minor stroke skills</td>
<td>4%</td>
</tr>
<tr>
<td>Endurance Test</td>
<td>12%</td>
</tr>
<tr>
<td>Treading water test</td>
<td>6%</td>
</tr>
<tr>
<td>Attendance (29 days)</td>
<td>60%</td>
</tr>
<tr>
<td>(3) wellness power point summaries</td>
<td>12%</td>
</tr>
<tr>
<td>Total points</td>
<td>100</td>
</tr>
<tr>
<td>Bonus points</td>
<td>1 pt.</td>
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<tr>
<td></td>
<td>(101 pts. possible in-</td>
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Persons seeking accommodations:

Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Rm. #112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

Honor Code:

Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.

Semester Schedule (subject to change)

8-28 orientation (RAS 111)

8-30 testing & floating

9-4 holiday

9-6 crawl stroke/endurance swimming

9-11 back crawl stroke/endurance swimming

9-13 Portion Distortion wellness presentation (RAS 111)

9-18 flip turns/endurance swimming

9-20 elementary back stroke/endurance swimming

9-25 diving/endurance swimming

9-27 side stroke/endurance swimming
10-2 endurance swimming
10-4 breast stroke/endurance swimming
10-9 treading water/endurance swimming
10-11 water polo
10-16 endurance swimming
10-18 Obesity in a Bottle wellness presentation (RAS 111)
10-23 butterfly
10-25 butterfly/endurance swimming
10-30 trudgen crawl/trudgen strokes
11-1 endurance swimming
11-6 overarm side stroke
11-8 endurance swimming
11-13 endurance swimming
11-15 inverted breast stroke
11-20 Slow Down the Aging Process wellness presentation (RAS 111)
11-22 Thanksgiving holidays
11-27 treading water test
11-29 endurance swim test (800 yards/731 meters)
12-4 endurance swim test (800 yards/731 meters)
12-6 water polo (last day of class)