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

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.

Assigned classrooms:
(.010) 9 a.m.  CAV 023
(.020) 10 a.m. CHP 207

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

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 variational, 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 30-40 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 3 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>
</tr>
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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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Bonus points (101 pts. possible in-
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)

1-17 orientation 9 a.m. (.010) CAV 023

10 a.m. (.020) CHP 207

1-22 testing & floating

1-24 crawl stroke/endurance swimming

1-29 back crawl stroke/endurance swimming

1-31 Portion Distortion wellness presentation (assigned classroom)

2-5 flip turns/endurance swimming

2-7 elementary back stroke/endurance swimming

2-12 diving/endurance swimming

2-14 side stroke/endurance swimming
2-19 endurance swimming

2-21 breast stroke/endurance swimming

2-26 treading water/endurance swimming

2-28 water polo

3-5 endurance swimming

3-7 Obesity in a Bottle wellness presentation (Assigned classroom)

3-12 thru 16 Spring break

3-19 butterfly

3-21 butterfly/endurance swimming

3-26 trudgen crawl/trudgen strokes

2-28 endurance swimming

4-2 overarm side stroke

4-4 endurance swimming

4-9 endurance swimming

4-11 inverted breast stroke

4-16 Slow Down the Aging Process wellness presentation (RAS 111)

4-18 treading water test

4-23 endurance swimming

4-25 water polo

4-30 endurance swim test (800 meters/875 yards)

5-2 endurance swim test (800 meters/875 yards)