Syllabus for PE 221 – Intermediate Swimming

Instructor: Larry Brown

Office: 2007 CG

Office Phone: 515-1893 (use email to contact Coach Brown)

Email: larry_brown@ncsu.edu (use email to contact Coach Brown)

Office Hours: 11 a.m. to 1 p.m. on Mondays & Wednesdays; Other days by appointment

Course Website

http://moodle.wolfware.ncsu.edu/

Credit Hour: One

Prerequisite: PE 215 or equivalent skill

Required Textbook & Swim Equipment

No required text. Instructor will provide instructional materials online using Moodle learning management system. Also, each student is expected to provide his/her pair of swimming goggles and swim suit that is appropriate for swimming laps.

Course Description

This course is designed to provide instruction in five basic swim strokes – front crawl (freestyle), back crawl (backstroke), breaststroke, elementary backstroke and sidestroke. Additional emphasis will be placed on increased cardiovascular fitness along with skill development in treading water, underwater swims, turns and dives.
Health Information Statement

Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Physical Education supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Physical Education course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Physical Education

Each course in the Physical Education category of the General Education Plan will provide instruction and guidance that will help students to:

- acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility, and body composition; and
- apply knowledge of the fundamentals of health-related fitness towards developing, maintaining, and sustaining an active and healthy lifestyle; and
- acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport, and
- gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.
**Student Learning Outcomes:**

By the end of this course, students will be able to:

- Demonstrate the fundamentals of fitness through their ability to swim a required distance.
- Demonstrate the fundamentals of fitness through their ability to swim for a designated time.
- Discuss and explain the importance of a healthy lifestyle in maintaining a high level of fitness through aquatic related activities.
- Demonstrate the correct skills necessary to perform the basic strokes.
- Demonstrate the correct skills necessary for proper breathing in the basic strokes, flip turns and turns in the basic strokes, treading and underwater swims.
- Demonstrate knowledge of mechanics involved in the execution of the basic strokes and identify safety measures in an aquatic activity.

**Communication With Your Instructor:**

All communications with your instructor should be via email through the Moodle learning management system. This will provide you with the quickest response for most questions that you may have. When emailing your instructor, please identify who you are, what course you are in, and details regarding the assignment or question that you are referencing.

**Technical Problems:**

If you experience technical issues please contact the Help Desk at (919) 515-4357, email the Help Desk (help@ncsu.edu) or visit the Help Desk website (http://help.ncsu.edu/).

There is a training video that demonstrates how to use Moodle at http://courses.ncsu.edu/wv204/common/media/04/moodle_student_orientation/moodle_student_orientation.html.
**Required Class Meeting Dates on Campus:**

Students enrolled in this course are required to meet on campus twice during the semester and have the option to meet three additional times for additional videotaping/assistance of their swim strokes. **There are established guidelines for exceptions for on campus attendance.** Requests should be sent to Coach Brown (larry_brown@ncsu.edu) for approval.

**Beginning of Semester:**

Students are required to meet on campus at the beginning of the course for orientation and to ensure that students have adequate swimming ability for participation in this class. Students have the option of attending on either Friday, August 19th from 5:00 p.m. to 8:30 p.m. or on Saturday, August 20th from 11:00 p.m. to 3:00 p.m. Also, each student’s swim stroke will be video taped to assist the student with his/her stroke mechanics. Please block off this time frame in your schedule but it is very likely that we will finish earlier. Also, if you are unable to attend this on campus meeting it is possible to fulfill this requirement at your local area if established guidelines by Coach Brown are followed. Please contact Coach Brown via email if you have questions.

**End of Semester:**

Students are required to meet on at the end of the semester for skill evaluation. At this class the student will be assessed on the five swim strokes and the 400 yard timed swim. Students will also demonstrate proper technique for treading and underwater swimming. Students have the option of attending on either Friday, December 2nd from 5:00 p.m. to 8:30 p.m. or on Saturday, December 3rd from 11:00 p.m. to 3:00 p.m. Please block off this time frame in your schedule but it is very likely that we will finish earlier. Also, if you are unable to attend this on campus meeting it is possible to fulfill this requirement at your local area if established guidelines by Coach Brown are followed. Please contact Coach Brown via email if you have questions.

**Help Sessions Meeting Dates on Campus:**

Students enrolled in this course have the opportunity to attend three help sessions on campus (**dates to be announced**). During these help sessions the students will have the opportunity to have their strokes videotaped to assist the student with his/her stroke mechanics.
Evaluation

Learning progress will be noted and grades assigned on the basis of academics and skills. This class may be taken for a "grade" or "credit only." The points will be accumulated as follows:

Academics: 20 points

5 Online Quizzes: 4 points each for a total of 20 points (online)

Skills: 80 points

Timed swim (400-yard): 20 points (exit testing)

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Swim Workouts: 20 points (25 swim workouts performed & recorded throughout the semester). Students must complete at least 20 of the 25 workouts to pass this course.

Individual Skills: 40 points (8 points for each of the five strokes that will be performed at Exit Testing & Assessment.)
Swim Workouts: Students are assigned 25 swim workouts. Each workout counts .8 of a point for a total of 20 points. Each workout must cover a minimum of 500 yards and include the drills for specific strokes as specified on the workout assign. The swim workout must be recorded on the home workout sheet that is provided on the course website and submitted to the swim instructor. Questions regarding the swim workouts should be mailed to Coach Brown at larry_brown@ncsu.edu. At anytime during the workouts should any student feel discomfort or pain not normally experienced during physical exertion, the student should stop exercising and seek medical attention as necessary. Please note in order to complete the participation required for this class you must complete at least 20 of the 25 assigned workouts. Failure to complete at least 20 workouts will result in a failing grade.

Individual Skills: Individual skills include the five basic strokes (front crawl, back crawl, breaststroke, elementary backstroke and sidestroke), treading water, underwater swim, turns and dives. The skill evaluation rubric and a video demonstration each of the individual skills is posted on the course website.

Grading Scale: Total of 100 points

Each student has the option of taking the class for a letter grade (+-), credit only, or audit.

| 97 - 100 = A+ | 93 – 96.99 = A | 90 – 92.99 = A- |
| 87 – 89.99 = B+ | 83 – 86.99 = B | 80 – 82.99 = B- |
| 77 – 79.99 = C+ | 73 – 76.99 = C | 70 – 72.99 = C- |
| 67 – 69.99 = D+ | 63 – 66.99 = D | 60 – 62.99 = D- |
| 0 – 59.99 = F |
Requirements for Audit

In order to receive a grade of “AU”, students must complete all requirements for the class before “NR” will be recorded as a final grade.

Incomplete Grades

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up the incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed. Please refer to http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php for the university’s policy regarding incompletes.

Late Assignments

All assignments for the course will be posted on the Moodle website for the course. Students are required to complete assignments on time. In case of an emergency, please email Coach Brown to request an extension for an assignment. Please note that 10% of the value of the assignment will be deducted for assignments being turned in late.

Electronic Hosted Course Components

Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.
Assignments

Please note from the previous section that both skill and knowledge development assignments will be assigned to students during the semester. The skill assignments will be individual swimming outside of class and will be recorded and turned in to your instructor at the end of each week. The knowledge assignments will incorporate the use of Moodle.

General Information

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: [http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php](http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php)

2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Services Office ([http://www.ncsu.edu/dso](http://www.ncsu.edu/dso)) located at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State’s policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation at [http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php).

3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated.
Retaliation against any person who complains about discrimination is also prohibited. NC State’s policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.

4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.

5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.

6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.

7. Pets and visitors are not allowed during class periods.

8. Please turn off cell phones during class time.

9. All musical devices, such as MP3 players must be turned off when you enter this class.

10. Attire: NC State Physical Education issue or special activity attire as indicated by your instructor. All PE clothing (shorts, t-shirts, swim suits, athletic supports and towels) must be returned by the last day of exams. Students will be charged for clothing not returned. All personal items left in the locker will be disposed.

**Recommendations for Safety**

1. Students should warm-up and stretch properly before participating in activity and cool-down after any workout. Always work out with a partner.

2. Inform instructor immediately if you have any medical issue that would affect your performance in class.

3. Let instructor know immediately of any symptoms of nausea, fainting, shortness of breath, dizziness, or any other symptoms of discomfort.

4. You should not swim alone. Please ensure that a lifeguard is on duty at the pool where you are swimming.

5. Also, you should avoid diving into any shallow water pool. Please click on "video" to see how easily a neck injury could occur when diving into the pool. This swimmer was fortunate that an injury was avoided.

6. Hyperventilation is extremely dangerous due to the increased risk of shallow water blackout in an aquatic environment. Students are not to hyperventilate during any aquatic activity.
7. Use swimmer’s aid solution after each pool and open water swim to avoid swimmer’s ear problems.
8. Equalize continuously during each descent and ascent in the pool or open water.
9. Never workout hard when you are feeling ill, have congestion in your chest, or you have the flu.
10. Be aware of location of emergency phones/transmitters and other methods of obtaining help.
11. NC State Student Health Services has information about the Mental Aspects of Sports Participation Guidelines.

**General University Policies**

That Apply to All Courses & Websites for the Department of Physical Education:
Provides information via university links on university policies regarding Course Syllabus, Attendance, Audits, Credit-Only, Disability Statement, Diversity Policy, Incomplete grades, Learning Outcomes (replaces course objectives), Honor Pledge, Academic Regulations- Beginning of Semester Reminders, and Academic Regulations- End of Semester Reminders can be found at [http://www.ncsu.edu/provost/academic_policies/](http://www.ncsu.edu/provost/academic_policies/).