

**University of Texas Arlington
College of Education - Department of Kinesiology
Swim for Fitness
EXSA 0172**

PEB 106 Swimming Pool

Instructor Name: Becky Garner

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Phone: 501.655.6491

Office#: PEB 106 (Pool)

Office Hours: By appointment

Course Information: EXSA 0172 Swim for Fitness

Time and Place of Class Meetings:

Section 001 TTH 8:00-8:50 a.m.

Section 003 MW 8:00-8:50 a.m.

Section 004 MW 11:00-11:50 a.m.

Section 005 TTH 2:00-2:50 p.m.

Section 006 TTH 11:00-11:50 a.m.

Description of Course Content:

This class is designed to develop cardiovascular fitness and improve stroke mechanics. Timed swims will be used to assess physical improvement during the semester. Basic concepts of aquatic exercise will be included during the semester.

Students are required to swim during each class session.

NOTE: The instructor reserves the right to modify the syllabus as needed throughout the semester.

Student Learning Outcomes:

1. To develop an understanding of fitness principles as applied through physical practice and participation.
2. To improve stroke mechanics in order to become a more efficient swimmer.
3. To understand the components of a safe swimming workout.
4. To develop an understanding of basic aquatic concepts.

Class Requirements:

(Not Required) Textbooks and Other Course Materials:

Swimming & Water Safety, by American Red Cross

Description of major assignments and examination with due dates:

There will be 3 graded swims this semester. The timed swims are mandatory and no make ups are available. Each swim is worth 25 points. 75 points total.

Tentative dates are:

Timed Swim #1

Wed., Sept. 23 (MW classes)

Thurs., Sept. 24 (TTH classes)

Timed Swim #2

Wed., Oct. 28 (MW classes)

Thurs., Oct. 29 (TTH classes)

Timed Swim #3

Wed., Dec. 2 (MW classes)

Thurs., Dec. 3 (TTH classes)

Grading Policy:

Total Points: 355
Skill Assessments 75 points
Participation-280 points
355-315 A
314-275 B
274-245 C
244-215 D
214-below F

Attendance Policy

Students will receive 10 points for each class they participate in. Non-participation is considered an absence. A doctor's note for illness and/or injury will be accepted for up to 4 absences. The note requires: the student's name, dates missed, and that the student is not to participate in physical activity. Students will not be allowed to participate if they are more than 10 minutes late to class. This will be considered an absence. Students are required to **SIGN IN** to each class.

Class Makeup Policy

You will be permitted to makeup a **maximum of 4** absences over the course of the semester. To makeup an absence you can attend another one of my classes. Missed assessments can be made up **only** if I was notified prior to the students' absence or is considered an "excused" absence. The best way to notify me is via email. All makeup classes must be completed no later than Dec. 1, 2009. No makeup classes will be permitted after that date **FOR ANY REASON**.

Students are REQUIRED to be ON TIME and to SIGN IN to the MAKE UP NOTEBOOK in order to receive credit for a make up class.

Additional Class Policies

- 1. Please arrive to class on time. Students who are more than 10 minutes late will not be admitted to class.**
- 2. Please do not bring cell telephones to class.**
- 3. If you are sick, stay at home. In order to be counted present, you must actively participate. Coming to class and sitting in the bleachers is not active participation.**
- 4. You may not bring children/visitors to class. In addition, children may not be left unattended in the PEB or MAC hallways.**

Drop/Add Policy

It is the responsibility of the student to either add or drop classes or withdraw from the university. Departments are no longer allowed to add students to rolls or drop students from rolls without written permission from the student. We are no longer required or allowed to drop students for never attending a class. Specific deadlines set by the University can be found in the current Schedule of Classes. **Deadlines for dropping classes may differ for Graduate Students and Undergraduate Students. It is the responsibility of the students to know these dates.**

Timeline for Grade Grievances

The student has one calendar year from the date a grade is assigned to initiate a grade grievance. Students should attempt to resolve the grade issue with the

instructor involved. If the issue cannot be resolved with the instructor, the student must complete an "Appeal of Grade" form that is available in the department office. The normal academic channels for processing this appeal are:

1) Department Chair, 2) Academic Dean, and 3) the Provost.

Appropriate Attire

Any type of clothing OTHER THAN SWIM APPAREL is UNacceptable for this class.

Wear a swim suit to class each day. You may wear a swim cap. All students are encouraged to purchase goggles to wear during each class.

Class Safety

Your **SAFE PARTICIPATION** is my first and foremost priority. Basic pool safety rules will be in effect at all times. In addition, if you are aware of any hazards present or if an injury occurs, notify me immediately regardless of the apparent severity. If you develop an injury outside of class, please let me know so that I can make accommodations for you in the class.

Disability Accommodation

If you require an accommodation based on disability, I would like to meet with you in the privacy of my office the first week of the semester to be sure you are appropriately accommodated.

Bomb Threats

If anyone is tempted to call in a bomb threat, be aware that UTA will attempt to trace the hone call and prosecute all responsible parties. Every effort will be made to avoid cancellation of presentations/tests caused by bomb threats. Unannounced alternate sites will be available for these classes. Your instructor will make you aware of alternate class sites in the event that your classroom is not available.

Student Support Services

The University supports a variety of student success programs to help you connect with the University and achieve academic success. They include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally or socially should contact the Office of Student Success Programs at **817.272.6107** for more information and appropriate referrals.

Academic Dishonesty

Academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form at the University of Texas at Arlington. All persons involved in academic dishonesty will be disciplined in accordance with the University regulations and procedures. Discipline may include suspension or expulsion from the University. "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts (Regents' Rules and Regulations, Series 50101, Section 2.2)."

Final Review Week:

A period of five class days prior to the first day of final examinations in the long

sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.

E Culture Policy

The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email. All students are assigned an email account and information about activating and using it is available at www.uta.edu/email. New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.