

SWIMMING FOR FITNESS 0172-002
MW 2:00-2:50 PM
FALL 2009

INSTRUCTOR: Terry Olson
OFFICE PHONE: 817.272.0081
OFFICE HOURS: TTH 1:00-3:00

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OFFICE LOCATION: MAC 156A
CLASS LOCATION: PEB 106

COURSE DESCRIPTION: Course content is designed to provide beginning and intermediate knowledge for the basic competitive strokes and to swim for fitness purposes. The development of individual swim programs to improve health related fitness will be emphasized.

COURSE OBJECTIVE:

1. Acquire competency in the performance of beginning and intermediate techniques needed to swim the four competitive strokes.
2. Attain the knowledge necessary to design and implement a personalized program.
3. Demonstrate and understanding of water safety and terminology.
4. Develop and appreciation for swimming as a lifetime activity.

REQUIREMENTS:

- All students are required to dress appropriately for class, wearing swimsuit, goggles (required), and swim cap (optional for short hair). Locker service is available.
- All students must be ready to swim (changed and showered) no later than five minutes after the scheduled time. Please enter the water only upon the instruction of the teacher.
- Please bring your Training Journal to class EVERY FRIDAY of each week to show the instructor your progress. Failure to bring journal to class will result in an automatic 2-point deduction from your final grade.
- Attendance is mandatory. Students are responsible for signing in and out daily to receive attendance credit. Each student will be given one free absence followed by a 2.5-point deduction for each additional absence. There is a **limit of 6 absences**. Upon the 7th absence, the student will be automatically dropped from the class. According to departmental policy, no make-ups will be allowed. Students who are auditing class are held to the same absence policy. Attendance policies will begin on the first day of scheduled class. ALL absences are equal. Excused absences should be conducted through the Dean of Students.
- Be on time to class. Class starts at 5 minutes after the hour. More than 5 minutes late will be considered TARDY. There is a **limit of 2 tardies**. Each tardy thereafter will result in a 2-point deduction from your attendance grade. After 15 minutes, student will be considered absent. If needed, class may be released 10 minutes prior to its ending time

GENERAL CLASS POLICIES & PROCEDURES:

- SAFETY FIRST! Practice water safety in and around the pool at all times. All foreseeable precautions will be taken to prevent injury and each student is expected to conduct himself/herself appropriately in that regard.
- Notify Instructor IMMEDIATELY if you or a classmate becomes injured or ill during class.
- Guests are not allowed to participate in the course.
- No horseplay, rough behavior, or offensive language is allowed during class. Respectful conduct is expected from everyone toward everyone.
- All equipment must be returned to their appropriate place.
- No pagers or cell phones are allowed in class (excluding emergency use.)

GRADING STRUCTURE:

Participation:	50 points	50%
Training Journal:	30 points	30%
Workout Design and Implementation:	<u>20 points</u>	<u>20%</u>
Total:	100 points	100%

GRADING SCALE (by %):

(A) 100-90 (B) 89 – 80 (C) 79 – 70 (D) 69 – 60 (F) 59 – 0

SPECIAL ACCOMMODATIONS: In accordance with University policies, the instructor will make reasonable accommodations to the religious observances/national origin practices of a student and to the known physical or mental limitations of a qualified student unless such accommodations have the end result of fundamentally altering a program or service or placing an undue hardship on the operation of the University. Qualified students with disabilities should inform the instructor for information regarding accommodations.

SAFETY WARNING: There are inherent risks of injury when a student participates in swimming. Due to the physical exertion required and the nature of the activity, students assume the risk of injury. Reasonable participation in swimming may result in physical injury including but not limited to, sprains, strains, abrasions, contusions, fractures, dislocations, head injuries and drowning. Students assume these risks when they are involved in a swimming class session.

PROPOSED SCHEDULE

The schedule is subject to change according to instructor's discretion.

Aug. 24	Syllabus
Aug. 26	Free Swim
Aug. 31	Workout/Free Refinement
Sept. 2	Workout/Back Refinement
Sept. 7	LABOR DAY
Sept. 9	Workout/Breast Refinement
Sept. 14	Workout/Butterfly Refinement
Sept. 16	Workout/ Log Check
Sept. 21	Workout
Sept. 23	Peer Workout/ Log Check
Sept. 28	Workout
Sept. 30	Peer Workout/ Log Check
Oct. 5	Workout
Oct. 7	Peer Workout/ Log Check
Oct. 12	Workout
Oct. 14	Peer Workout/ Log Check
Oct. 19	Workout
Oct. 21	Peer Workout/ Log Check
Oct. 26	Workout
Oct. 28	Peer Workout/ Log Check
Nov. 2	Workout
Nov. 4	Peer Workout/ Log Check
Nov. 9	Workout
Nov. 11	Peer Workout/ Log Check
Nov. 16	Workout
Nov. 18	Peer Workout/ Log Check
Nov. 23	Workout
Nov. 25	Workout/ Log Check
Nov. 30	Workout
Dec. 2	Workout/ Log Check
Dec. 7	Workout
Dec. 9	Workout