SYLLABUS

Course Number: HPE 215
Course Name: Intermediate Swimming
Spring 2007

Instructor: Joseph Palmer    Class Time: T/TH 9:30-10:20
Office location: Spaulding Gymnasium    Phone Number: 546-8208
Office Hours MWF:7-8,1-2,TTH:7-8,11-12    Email: jpalmer@shawu.edu

Text: T Jager, Swimming and Diving
Reference: Winning Edge

Classroom Rules/Expectations:
To enhance the learning atmosphere of the classroom, students are expected to
dress and behave in a fashion conducive to learning in the classroom. More specifically,
students are to refrain from wearing clothes that impede academic learning such as but
not limited to, wearing body-revealing clothing and excessively baggy pants; hats/caps.
Students will turn off telephones prior to entering the classroom. Students who exhibit the
behaviors described above, or similar behaviors will be immediately dismissed from the
class at the third documented offense. The student will be readmitted to class only
following the decision by the department chair. The student may appeal the decision of
the department chair to the Dean of the College offering the course, and, subsequently, to
the Vice President of Academic Affairs, and then to the President of Shaw University.
Third decision of the President will be final. Failure to follow the procedures herein
outlined will result in termination of the appeal, and revert to the decision of the
department chair.

Each behavior constructed by the teacher/professor as nonconductive to learning
will be recorded, properly documented and, and appropriately reported t other student and
to the chair of academic department offering the course. This report will be in written
form wit ha copy provided to both the student and the department chair. The faculty
member should retain a copy for his/her own records.

Course Description

The purpose of this course is to develop the non-swimmer or novice swimmer to a
point where he/she can handle himself/herself in the water not only safely, but also to a
degree where swimming will have so recreational value for him or her. This course also
serves purpose of providing the necessary cognitive, affective and psychomotor
competencies as required of all physical educational majors before graduation.

General Objectives: At the completion of this course, the student will be able to……
• Demonstrate rhythmic breathing ability by inhaling and exhaling regularly for minimum of (20) times.
• Demonstrate the ability to perform survival floating.
• Demonstrate the elementary crawl stroke.
• Demonstrate changing positions in the water.
• Demonstrate the use of floating devices.
• Demonstrate rescue and safety techniques.
• Demonstrate the ability to jump into deep water.

Specific Standards and Indicators: (All the Above)

Assignments: All quizzes and exams will be announced. Students must submit by May 2, 2007 a three page typed paper on the value of swimming.

Outlined

1. Introduction and terminologies
2. Personal Safety
3. Breath Control
4. Hydrodynamics
5. Survival Float
6. Stroke Mechanics
7. (a.) Front Crawl
8. (b.) Elementary Backstroke (a) Breaststroke
9. Survival Stroke
10. Treading Water
11. Disabilities and other conditions
12. Diving
13. Underwater Summary
14. Personal Float Device
15. Lifetime Fitness
16. Training
17. Rescue Techniques

EVALUATION

Attendance 10% Attendance Scale: 27-30=A, 21-24=B, 15-18=C, 9-12=D, 3-6=F
Skills Test 70%
Written Final 20%

CLASSROOM RULES/EXPECTATION

• Must attend class on time.
• Must be dressed in swim attire
• Respect and honor at all times
• Attendance will be counted 80%
• No quizzes or exams will be made up unless confirmed by university written excuse
• Lateness is not **EXCEPTABLE**
• Van leaves at 9:15

Library Assignments Students will be assigned to go to the library each week.