PF&W 2142
Syllabus for Advanced Swimming
Spring 2012

Instructor: Bernadette Hinojosa
Office Location: ESC Pool Office
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Course: Advanced Swimming - Course number PF&W 2142
Sections: 301 TR 1:00-1:50 at ESC pool
Pre-requisites: 1) Swim continuously for 8 minutes. 2) Swim front and back crawl for 50 yds. 3) Swim underwater for 4 body lengths. 4) Maintain front float and back float for 60 seconds, breathing, as necessary.
Required Textbook: Online text – more details later.
Supplies: Bring one-piece swimsuit to all classes. Bring other supplies as preferred: towels, goggles, hair restraint, etc.
Course Description: Improve swimming and aquatic skills with cardiovascular workouts. Motor skills include front crawl with sustained rhythmic breathing, back crawl, turns, elementary backstroke, breaststroke, sidestroke, butterfly, treading water, underwater swimming, and deck diving. Springboard diving will be optional. Cognitive skills include basic principles of hydrodynamics, fitness and wellness, and knowledge of mechanics of strokes. Additionally, students will gain knowledge of historical figures in swimming and diving.
Upon successful completion of the course, students will be able to:

EXPECTED LEARNING OUTCOMES	ASSESSMENT METHODS: Performance standards will be measured at level 6 (ARC LTS).
Perform the front crawl with rhythmic breathing and elementary backstroke.	Good form and sustained breathing pattern for 100 yds.
Perform the back crawl, breaststroke, butterfly, and sidestroke.	Good form and sustained motion for 50 yds.
Swim underwater.	Swim underwater continuously for 5 body lengths.
Tread water demonstrating each of the kicks learned.	Tread water for 5 minutes.
Dive from deck.	Use correct form in standing position shallow dive.
Perform turns.	Demonstrate while swimming.
Perform springboard diving. (optional)	Demonstrate knowledge of mechanics of approach and hurdle in standard, pike, and tuck dives. (performance level 6)
Increase in continuous distance swimming. Improve speed and form.	Swim at least 45 minutes continuously at faster speeds covering greater distances.

Tentative Schedule : subject to change

Date	Skills and Topics to be covered	Due Dates and other Important Dates
1/19	Introductions.	
1/24	Swimming demonstrations.	
1/26	Cooper 12 minute fitness swim	
1/31, 2/2	Whip kick in prone and supine positions. Elementary backstroke and breaststroke.	
2/7, 2/9	Front crawl with rhythmic breathing and back crawl.	
2/14, 2/16	Dolphin kick and butterfly.	
2/21, 2/23	Scissor kick and sidestroke.	
2/28, 3/1	Stroke review on Tuesday.	**Written exam** on swim strokes on Thursday.
3/6, 3/8	Tread water and underwater swimming.	
3/20, 3/22	Flip turns.	Start exercise log on 3/20.
3/27, 3/29	Experiments with hydrodynamics. **Fitness testing.**	Read *Why Some Things Float* on Blackboard.
4/3, 4/5	Experiments with hydrodynamics. Deck diving.	Read *Resistance to Movement* on Blackboard.
4/10, /12	Experiments with hydrodynamics. Surface diving.	Read *Resistance to Movement* on Blackboard.
4/17, 4/19	Relay races.	Exercise log due 4/17.
4/24, 4/26	**Cooper 12 minute fitness swim**	grade
5/1, 5/3	**Final swim evaluation.**	**Final swim evaluation**.
5/8	**Final written exam.**	**Final written exam** on hydrodynamics.

ATTENDANCE: The first absence does not affect the grade. The reason for the absence does not matter. Regardless of excuse or circumstance, illness or adversity, however, the student is NOT excused from any assignment or points missed during that absence. After the initial absence, 5 points will be deducted from the **final grade** for each additional absence. At 5 absences, the student will fail the course. **Showing up to class and participating is the most crucial aspect of getting an A in this course.** Being 10 minutes late will count as a tardy. 3 tardies will equal one absence. *An excused absence means the student must have the absence verified and signed off by Student Life.

CRITERIA FOR GRADING: 200 points total

60: Online quizzes
20: Fitness testing and fitness swim
20: Log. Exercise log-month long assignment
50: Written Exams 2 @ 25 points each**.** Exams may be short essay, multiple choice, matching, or true/false.
50: Swimming skills evaluation Points to be awarded at final swimming skill assessment. Points will be shared among all swimming skills to be demonstrated. Final point breakdown to be determined.
Quiz grades can be made up only by pre-arrangement. Individual grades may be posted on www.blackboard.ttu.edu.

A=100-90%, B=89-80%, C=79-70%, D=69-60%

Having respect for the teaching and learning environment, please SILENCE cell phones and no texting during class. Absolutely no electronic usage during exams.

Any student who requires modifications, due to a disability, should contact the instructor as soon as possible, within the first two weeks of the semester.

Students are expected to swim at least 1500 yards outside of class time at the Aquatic Center.

Students with Disabilities:

Any student who, because of a disability, may require special arrangements in order to meet course requirements should contact the instructor as soon as possible to make any necessary arrangements. Students should present appropriate verification from *Student Disability Services* during the instructor's office hours. Please note instructors are not allowed to provide classroom accommodations to a student until appropriate verification from *Student Disability Services* has been provided. Please refer to the 3rd floor West Hall, (806) 742-2405.

Attendance:
The *Texas Tech University Catalog* states that a student may be excused from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused for this purpose may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which that student is excused (p. 46).
The *Texas Tech University Catalog* states that the person responsible for a student missing class due to a trip should notify the instructor of the departure and return schedule in advance of the trip. The student may not be penalized and is responsible for the material missed (p. 46).

Whether an absence is excused or unexcused is determined solely by the instructor with the exception of absences due to religious observance and officially approved trips described above. The *Center for Campus Life* will notify faculty, at the student's request, when a student is absent for four consecutive days with appropriate verification of a health related emergency. This notification does not excuse the student from class, it is provided as a courtesy. The service is explained and can be found on the *Center for Campus Life* web site.

Illness and Death Notification:
The *Center for Campus Life* is responsible for notifying the campus community of student illnesses, immediate family deaths and/or student death. Generally, in cases of student illness or immediate family deaths, the notification to the appropriate campus community members occur when a student is absent from class for four (4) consecutive days with appropriate verification. It is always the student's responsibility for missed class assignments and/or course work during their absence. The student is encouraged to contact the faculty member immediately regarding the absences and to provide verification afterwards. The notification from the *Center for Campus Life* does not excuse a student from class, assignments, and/or any other course requirements. The request for notification must be made within two weeks of the absence. The notification is provided as a courtesy.

Academic Honesty and Integrity:
"It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own work any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension." Texas Tech University Catalog (p. 46) and (OP 34:12). Practices such as dishonesty, plagiarism, cheating, and misrepresentation in documents by any student will not be tolerated and may result in a failing grade for the course. To copy or to paraphrase someone else's work without proper reference is **plagiarism**. Therefore, ideas that are taken from books, articles, websites, should be properly cited in all written assignments.

The **Ombudsman for Students** is available to assist students with any conflict or problem that has to do with being a student at Texas Tech University.

Refer to the Student Code of Conduct regarding the following: grade appeals, absences due to religious observance or university approved trips, civility in the classroom, and academic integrity and misconduct. More information can be found at the websites: www.studentaffairs.ttu.edu/vpsa/publications/civility.htm www.studentaffairs.ttu.edu or www.depts.ttu.edu/studentjudicialprograms .
http://www.campuslife.ttu.edu/crisis/