

**University of Texas at Dallas**

**2013 Spring, PHIN 1129, Beginning Swim Syllabus**

**PHIN 1129, Sections 001 & 002, Spring 2013, Beginning Swimming**

Mondays/Wednesdays 1:00 PM – 2:15 PM

Instructor: **Letha Zepeda**

Telephone: 972-883-2096, Physical Activities Center Office (for messages only). No office hours

Cell: 214-803-8215

Email: [letha.zepeda@utdallas.edu](mailto:letha.zepeda@utdallas.edu)

***No aquatic, swim skills are required as a pre-requisite for this course.***

**Course Description**

PHIN 1129 Beginning Swimming (1 semester hour) Instruction in basic swimming including stroke development, water safety, and fitness. May be repeated for credit (3 hours maximum).

Course Outline:

- Evaluation of aquatic abilities and fitness: Stroke and fitness assessment.
- Assessment of personal aquatic goals
- Group/personalized instruction and fitness plans
- Instruction using safety skills
- Instruction using written material (Handouts) to be covered on examinations.

**Student Learning Objectives/Outcomes**

- Students will be able to improve their personal aquatic fitness levels.
- Students will be able to increase their skill knowledge by being able to perform more than one swimming stroke.
- Students will be able to learn and demonstrate knowledge of appropriate safety precautions for an aquatic setting during class sessions.

**Required Textbooks/Materials and ID**

There is no required textbook for this course. Student will be given handout materials in class.

The student should have an appropriate swim suit and a towel.

Swim goggles are recommended. A cap is recommended for long hair.

Valid Comet Card must be presented at front desk for any use of PE Building, including classes.

**Suggested Course Materials**

The following text would be helpful: *Swimming and Water Safety, - 3<sup>rd</sup> ed.* Publisher, Stay Well, 780 Township Line Rd., Yardley, Pa 19067, ISBN# 978-58480-446-8.

**Assignments and Academic Calendar**

Reading assignments will be from information on hand-outs in class.

Weeks 1-3 Discuss syllabus and goals. Assess aquatic skills.

Discussion of hydrodynamics, basic skills, breathing, and individual goals

Martin Luther King Day, Monday, January 21, 2013. University Holiday

Weeks 4-6	Stroke instruction, drills and practice on basic swim skills, strokes (front crawl, back stroke, breaststroke, butterfly, side stroke, elementary back stroke) and safety skills. Introduction of aquatic games.
Weeks 7-9	Continue stroke instruction, drills, practice strokes and safety skills, introduction to fitness methods, turns, starts and diving. <u>Monday, March 4, 2013</u> : Mid-term; Written and swim test. <u>Spring Break, Monday March 11, - March 15, 2013</u> . (No Classes)
Weeks 10-12	Continue with stroke instruction, drills, and games, fitness workouts, and introduction to water aerobics, other aquatic skills and post swim test.
Weeks 13- Semester end	Integrate swims with turns and starts, use workout/fitness methods during swims <u>Wednesday, May 1, 2013</u> : Final Examination

**Evaluation**

Class Attendance/participation	
Assignments	60% of grade
Instructor Evaluation	10% of grade
Mid-Term Test	10% of grade
Final Examination	<u>20% of grade</u>
Total	100%

**Letter Grades**

97-100 =A+	77-79 =C+
93 - 96 =A	73-76 =C
90 - 92 =A-	70-72 =C-
87 - 89 =B+	67-69 =D+
83 - 86 =B	63-66 =D
80 - 82 = B-	60-62 =D-

**Attendance and Participation Policies**

A very important part of this course is participation; therefore, please be aware of these guide lines. You will be allowed three (3) absences before your attendance grade is affected. For each absence thereafter, five (5) points will be deducted for each absence. You will not be allowed to make up absences, so use your three absences carefully.

If you miss the Mid-Term Exam you must contact the instructor within one week of the exam date in order to complete a make-up exam. A five (5) point penalty will be assessed for a make-up exam.

If you arrive late to class, it will count as a tardy. A tardy on two days will result in one absence or a loss of five points (5 Points) being deducted from your grade. If you arrive more than twenty minutes late to class, you will be counted absent.

If you attend class, you are expected to participate. Full credit (5 points) for each class will only be given to those who attend and participate the entire class period. It is expected that students will exhibit enthusiasm and desire to improve skills; therefore, we do not want to deduct grade points for not participating.

**Exercise Precautions**

You will be guided through a swim program that includes a warm-up, swim instruction which may become a cardiovascular activity and a cool down activity. There is an individual responsibility for following exercise precautions. If you have refrained from physical activity for a long time, have recently had surgery, are forty or more years of age, are obese, or have specific limitations, you are advised to consult with your physician before starting this program. Progress gradually and sensibly in your workouts. If you are unsure about a particular discomfort or pain, please consult your physician.

**NO CELL PHONES IN USE DURING THE CLASS SESSION**

**UT Dallas Syllabus Policies and Procedures**

UT Dallas Syllabus Policies and Procedures are a part of this Syllabus.

Use the following permanent address to refer to these pages: <http://go.utdallas.edu/syllabus-policies>