HPER-108 Beginning Swimming Syllabus

Instructor: Harvey Wardell

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Office Hours: Appointment Only MWF 9:00 am 12 Noon

Credit Hours: Two

Required Text: None

**Course Description**: This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. This course covers the mechanics of a variety of strokes, training methods, training principles, safety, with swim techniques that maximize fitness gains and minimize injuries.

**Health Information Statement:** Physical activities in this class are considered moderate to vigorous and are considered limited contact. The MVSU Department of HPER support the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns.

**Student Learning Outcomes**

By the end of this course, students will be able to:

1. Identify water safety rules and precautions.

2. Identify arm, leg, coordination, breathing techniques for three of the five basic

 swim strokes

3. Swim three beginning swim strokes.

4. Maintain or improve cardio respiratory endurance.

5. Identify and apply surface and underwater basic deep-water skills.

 **Course Objectives**

By the end of the semester, the student will be able to:

1. Demonstrate proper adjustments to an aquatic environment
2. Demonstrate survival swimming skills
3. Demonstrate basic swimming skills
4. Demonstrate how to tread water and/or survival float
5. Demonstrate a proper head first dive entry into deep water
6. Show an improved level of physical fitness
7. Demonstrate basic small craft safety skills
8. Demonstrate safety in and around the water

**Required To Wear and Bring to Class:**

1. Proper swim suit

Women need to wear a one-piece athletic suit. Tank tops that cover the midriff and a dark color t-shirt may also be accepted with instructor approval. String bikinis or suit with beading are unacceptable

 Men need to wear swimming trunks that extend at least to

 mid-thigh, t-shirt may also be accepted.

1. Towel(s)
2. Swim cap (Optional)
3. Ear plugs, if necessary

**Grading:**

Class Attendance 50 Points

Stroke Analysis 20 Points

Deep Water Skills 10 Points

Written Evaluations 20 Points

Written Evaluation: Multiple Choice, True/False

**Grading Scale**

 97 - 100 = A+ 93 – 96.99 = A 90 – 92.99 = A-

87 – 89.99 = B+ 83 – 86.99 = B 80 – 82.99 = B-

77 – 79.99 = C+ 73 – 76.99 = C 70 – 72.99 = C-

67 – 69.99 = D+ 63 – 66.99 = D 60 – 62.99 = D-

0 – 59.99 = F

**Attendance:**

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

1) The student will be allowed 5 absences (excused or unexcused). On the sixth

absence (excused or unexcused) the student could receive an “F” for the course.

2) Two tardies equal one absence.

 3) It is the student’s responsibility to sign the class roll each day of class

4) Students will have 5 minutes at the beginning and end of class to change clothes

 on all non- lecture or non-written exam days.

5) Attendance counts from the first day of class until the last, whether the student

 is enrolled or not.

**Safety Recommendations:**

1. Inform the instructor of any medical concerns, which may restrict

participation in the activity.

1. Seek medical attention immediately of any symptoms of nausea, fainting,

dizziness, joint ailments, shortness of breath, chest pains or any other

medical conditions that may arise.

1. Drink plenty of fluids (water is your best fluid replacement) throughout the

day and prior to participation in class. 64 oz. is recommended.

1. A proper warm-up is needed before beginning the activity and cool-down

 following the activity.

1. You should follow proper exercise/skill techniques demonstrated by your

instructor.

 6) Follow all class guidelines, as set by your instructor.

**Incomplete Grades:**

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work

**Mississippi Valley State University’s Expected Outcomes for Student**

* Student graduates will be able to communicate verbally and nonverbally in a variety of modes.
* Student graduates will be able to acquire and process information.
* Student graduates will be able to organize, comprehend, and make practical use of a wide variety of materials, from the sciences to the arts.
* Student graduates will be able to apply knowledge in a new context.
* Student graduates will be aware of scientific principles relating to health and the larger environment.
* Student graduates will be able to accept and work through ambiguity and diversity, while developing strong personal values, social skills and a sense of ethics.

**“The schedule and procedures as presented in this syllabus are subject to change in the eventof extenuating circumstances. You will be given written notification of any significant changes.”**