

Swimming 2

ExSp 102, Section 1 -- 1 CREDIT

TR 9:30 - 11:00 A.M. _ January 15 – May 1, 2008

Instructor: Christopher M. Ceaser

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Office Hours: TR 11 a.m.

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Course Description:

This class is intended for intermediate swimmers (those who can comfortably swim 25 yards) who wish to improve swimming skills on the five basic strokes (Freestyle, Breast stroke, Sidestroke, Elementary Backstroke, and Backstroke). Water safety, basic rescue skills, and aqua fitness will also be emphasized.

Course Objectives:

- Learn and improve all five basic swimming strokes.
- Demonstrate pool safety and perform two basic rescue skills
- Use aqua fitness to increase endurance and strength.
- Co-lead one class session in a water game, skill session, or other water activity.

Course Evaluation:

This course is graded on a Pass/Fail basis. In order to Pass, students must:

1. Attend and participate in all class sessions. (Students are allowed no more than three absences-excused or unexcused, no questions asked.)
2. Show a consistent effort to improve swimming skills throughout the course.
3. Water Safety: Students will be asked to demonstrate water safety skills periodically throughout the semester (sort of like pop quizzes; nothing to be worried about, though. Please don't worry!).

Attire:

Students will “dress for success.” In pool lingo this means to dress in swim-wear that will stay securely onto your body and allow you to move comfortably through the water. It would be best not to wear pants, t-shirts, or bikinis. Jewelry (watches, rings, earrings, etc.) should be removed or secured prior to entering the pool area. Persons with long hair should tie it back or wear a swim cap for safety and comfort reasons. The use of goggles and nose clips is optional.

Students with Special Needs:

Please address any special needs or special accommodations with me at the beginning of the semester or as soon as you become aware of your needs. Those seeking accommodations based on disabilities should obtain a Student Academic Accommodation Request (SAAR) form from the Disability Resources (DR) office (phone 515-294-7220). DR is located on the main floor of the Student Services Building, Room 1076

Discrimination & Harassment:

It is expected that every student will treat his/her peers with respect and professionalism. The University has strict policies regarding discrimination & harassment in any form and it will not be tolerated.

Tentative Schedule:

January> Intro to water/pool safety, evaluation of skills, basic strokes

February> Stroke mechanics, strength and endurance training

March> Stroke mechanics, aquatic fitness

April> Stroke practice

May> Evaluation of skills, course evaluations