

Swimming 1

ExSp 101, Section 1 -- 1 CREDIT

MTWR 8:40 - 9:40 A.M. _ June 16 – July 31, 2008

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Office Hours: based on need

Course Description:

This class is intended for persons who are non-swimmers and/or those with minimal swimming experience. The participants in this class will improve basic stroke mastery as well as learn specific water safety skills. This course is graded Pass/Fail.

Course Objectives → Students will:

- Become proficient in at least 2 basic swimming strokes (Freestyle, Breast stroke, Sidestroke, Elementary Backstroke, or Backstroke) and be able to swim 25 yards without assistance.
- Learn and demonstrate swimming proficiency by treading in deep water for at least 30 seconds.
- Perform two basic rescues – Deck reaching and extended rescue throwing assists.

Course evaluation → Students must:

1. Attend and participate in all class sessions (Students are allowed no more than three absences-excused or unexcused, no questions asked). **IN ORDER TO LEARN HOW TO SWIM OR SWIM BETTER YOU HAVE TO ATTEND CLASS.** Students are expected to participate in every class by performing the skills of the day.
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:

June> Intro to pool safety, basic rescues, and basic flotation positions, breathing, treading water, kicking, basic strokes

July> Basic strokes, building endurance, stroke practice, deep end activities, evaluation of skills