

# **MONTGOMERY COLLEGE**

Health Enhancement, Exercise Science, and Physical Education  
Rockville Campus

PHED 120 Beginning Swimming

## **COURSE SYLLABUS**

### **Course Information**

Credit Hours: 1  
Meeting Times:

Location: PE Swimming Pool  
Prerequisites: None

### **Instructor Information**

### **Course Description**

This course is designed to teach beginning skills to the non-swimmer, to build the beginner's confidence in and around the water, and to develop a water-safe individual.

### **Course Outcomes**

1. The student will be able to demonstrate the following skills:
  - breath control (holding and rhythmic breathing)
  - floats and glides
  - personal safety and survival skills (may include disrobing)
  - front crawl (50 yards in good form)
  - back crawl (50 yards in good form)
  - elementary backstroke (50 yards in good form)
  - breaststroke (perform basic skills of the stroke)
  - open turn (with the front crawl)
  - entries into shallow and deep water
2. The student will gain experience in and understanding of the following aquatic areas:
  - diving
  - use of training aids (kickboards, fins, etc)
3. The student will be able to make an evaluation of individual skills with the use of video recordings.
4. The student will be able to swim one quarter of a mile (non-stop) alternating front crawl, back crawl and elementary backstroke.

### **Recommended (Optional) Text**

*American Red Cross Swimming and Water Safety (2014)*. Staywell. ISBN: 978-1584806004

## Equipment/Attire

Required: Swimming suit, goggles and towel

Optional: Swim cap

## Course Requirements/Policies\*

Attendance: The student is expected to attend all class sessions. Any accumulation of three absences (two for 10 week classes) may result in failure of the course. The student is expected to be on time to class. Three "lates" equals one absence. Missing more than 20% of any class session is an absence.

Participation: Each student is expected to participate in all class sessions. If the student attends class but is unable to participate, no participation points are earned. The student has the opportunity to practice missed skills by attending another class session with prior permission of the instructor.

Extra Credit: The student may receive extra credit by participating in at least a thirty minute session of open swim. This is not considered a make-up for non-attendance.

Credit/Auditing: The student who audits the course is responsible for fulfilling the course requirements listed herein.

## Grading\*\*

The student will be graded in each of the following areas:\*\*\*

Attendance and Participation	150 pts
Skill performance/improvement	50 pts
Videotape evaluation	50 pts
Distance swims (time and performance level)	40 pts
Self and course evaluations	<u>10 pts</u>
Total**	300 pts

\*To succeed in this course, extra practice may be necessary based on fitness and skill level of each student. Like any other course, homework (extra practice) is beneficial.

\*\*A=270-300; B=240-269; C=210-239; D=180-209; F=0-179

\*\*\*Failure in one or more areas may result in loss of credit for the entire course.

## Classroom Policies

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The **link below provides** information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability

support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes. If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies.

<http://cms.montgomerycollege.edu/mcsyllabus/>

#### Classroom Conduct

1. All students are expected to conduct themselves according to the standards of behavior discussed in the Student Handbook or at the main college website. I reserve the right to eject any student who is rude or disruptive.
2. Students need to be on time and prepared for class. It is very disruptive for students to arrive late or leave during class. You are expected to remain in class the entire time. If you are frequently late, I reserve the right to drop you from this class for lack of attendance.
3. Beepers, alarms and phones are disturbing to me and to others, please silence them and put them away when you enter the class.
4. Food and drink are not permitted in the classroom. Water is acceptable.

#### Support Services

A student who may need an accommodation due to a disability should make any appointment to see me during my office hours. A letter from Disability Support Services (DSS) authorizing your accommodations will be needed. The DSS office is located in CAB 122 and may be reached by phone at 240-567-5058.

#### **Course Schedule**

In order to create an environment for success, the progression of this class will depend on the skill and fitness level of the individuals in this section.