

WELLNESS 1401 Fitness Swimming
(1 credit hour)

Instructor: Dr. Chip. Darracott
Phone: 667-4953
Office: Christenberry Fieldhouse 195
Email: cdarracott@aug.edu

Class meetings: Tuesdays and Thursdays 1:00 – 1:50 p.m.

Course Objectives:

1. Refine stroke mechanics for freestyle, breast and back strokes.
2. Learn basic training and hydrodynamic concepts applied to swimming.
3. Participate 2 or more times per week in a vigorous swimming workout with the goals of strengthening the cardiorespiratory system, improving muscular strength, endurance, flexibility, and helping to maintain recommended body weight.

Grading:

Class participation: 45% Four absences/late arrivals/early departures allowed without penalty. 3 point penalty for each additional class missed regardless of reason. NO EXCUSED ABSENCES. (Please communicate with instructor immediately if unusual circumstances arise.). Students will receive full participation credit for each session in which they dress for swimming and participate for the duration of the class session. After any combination of absences/late arrivals/early departures totaling three, a 3 point penalty will be assessed for absences and a 1.5 point penalty assessed for late arrivals, early departures, or attending but not participating.

Knowledge: 25%, Midterm = 10 points. Final = 15 points.

Fitness Testing/Instructor Evaluation: 20%. Evaluation of student's effort and performance on fitness tests. Subjective evaluation of in-class participation, and support of other class members.

Daily Log: 10% Students will keep a daily record of physical activities. Exercise logs will be checked weekly. The exercise log should include in and out of class exercise.

Equipment:

Secure fitting swimsuit, towel, and goggles. Fins and pull-buoys are optional.

Other Policies

- Absences will be excused only in the event of participation in university related activities, military call-up, or jury duty evidenced by official documentation.
- If you desire to withdraw from class, it is your responsibility to do so before midterm.

Note: Class activities include vigorous exercise. If there is any medical condition that would put a student at undue risk during exercise, the student must inform the instructor upon knowledge of such condition.