

Augusta State University
Department of Kinesiology and Health Science

COURSE SYLLABUS

Well 1409: SWIMMING FOR NON-SWIMMERS

COURSE DESCRIPTION

This course is designed to introduce the fundamental skills and knowledge required to swim effectively and safely while developing basic fitness through active participation.

INSTRUCTOR

Mr. Graeme J. Connolly, PEAC 119 (located inside the exercise lab)
Office hours: Tuesday & Thursday 2-3pm, Fri 9-10am
Phone: (706) 667 4882
Email: gconnolly@aug.edu

TEXTBOOK

None required for this course.

COURSE OBJECTIVES

1. The students will gain an understanding and familiarity with procedures necessary for their safe enjoyment of the water.
2. The students will practice and learn the fundamental strokes needed for propulsion through the water.
3. The students will increase their awareness of the impact of swimming on personal wellness and health.

COURSE EVALUATION AND POLICIES

- **Attendance:** shall be taken daily. Excellent attendance is required in a class such as this where much of the course content has to be seen and experienced in order to be learned. Poor attendance will negatively affect your grade.

3 or less absences	= 60 points
4 absences	= 55 points
5 absences	= 45 points
6 absences	= 35 points
7 or more absences	= "F" grade

- **Participation:** Students are expected to participate fully in each class session. Non-participants shall be marked absent for the day (at the discretion of the instructor).
- **Tardies:** A student arriving after role has been taken by the instructor will be marked late for that class session (time-keeping will be at the discretion of the instructor). Three tardies will count as an absence. It is the student's responsibility to notify the instructor of their late arrival immediately as no changes shall be made to the attendance record after class. Late arrivals will negatively affect your grade.

- **Absences:** A student missing from class and announced exams will be excused only in the event of participation in university-related activities, military call, or jury duty, evidenced by official documentation prior to class. Missing class due to injury, illness, or medical appointments will count against your attendance record, so do not schedule other activities during class time.
- There will be no make-ups for missed classes.
- **Assessment:** A midterm and final exam will be given around March 1st and May 2nd. This will focus on the fundamental skills taught throughout the semester, and will involve the student attempting various tasks with different levels of difficulty. The exams will be practical in nature with no written components. Students should focus on the basic instruction delivered throughout the semester to develop a greater knowledge of swimming and to encourage the acquisition of proficient swimming techniques. Students are encouraged to practice the techniques learned on a frequent basis outside of regular class time.
- **Withdrawal:** Instructor reserves the right to withdraw a student from the class prior to midterm if attendance is deemed unsatisfactory (6 or more absences). If you are missing a number of classes due to illness/ injury it would be in your best interests to withdraw from the class before midterm. After midterm those students with a poor attendance record will FAIL the class.
- **Attire:** Students should dress appropriately for activity. Athletic, functional clothing for swimming must be worn. Women are strongly encouraged to wear a one-piece swimming suit and men are strongly encouraged to wear swimming shorts.
- **Grade Breakdown:** The final grade will reflect the following:

Attendance	60 points
Midterm Exam	15 points
Final Exam	25 points
Scale is	A >90
	B 80-89
	C 70-79
	D 60-69
	F <59