

WELL1409 SWIMMING FOR NON-SWIMMERS  
1 SEMESTER HOUR

Instructor

Lurelia A. Hardy

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Office Hours: Mon/Wed/Fri 9:00-10:00; Tue/Thu 2:30-3:30 (by appointment)

Course Description

This course introduces entry level skills and knowledge for those unfamiliar with swimming and/or has a fear of the water.

Student Objectives

The student will

- Become familiar with procedures necessary for safe enjoyment in and around the water.
- Practice exercises to get comfortable in the water
- Learn fundamentals needed for propulsion through the water
- Gain an awareness of the benefits of swimming on wellness

Class Policies and Requirements

- Attendance/participation will be checked daily. 3 points will be deducted for each day you are absent. Attending class and not participating counts as an absence. Absences are only excused for required participation in university activities, military call, or jury duty.
- A tardy will be given to those students coming in 10 minutes after roll call. Three tardies will be equivalent to one absence. It is the student's responsibility to inform the instructor if they come in after roll call. Any student coming to class 15 minutes after class time will remain marked absent.
- Ladies who choose not to get in the pool during the menstrual cycle will lose 1.5 points.
- Guests and children are not permitted on poolside during class.
- Appropriate swim wear is required (swimsuits, capris, biker shorts and swim tank). T-shirts cannot be worn in the pool.
- Students desiring to withdraw from the class must withdraw by midterm to avoid getting and "F." There are no automatic drops.

Course Evaluation

The following assessments will be used grade performance in class:

- Skills test (midterm and final)      40 points
- Attendance      50 points
- Instructor evaluation of effort      10 points