

WELLNESS 1400

Beginning Swimming

Instructor: Dr. S. Darracott
Phone: 667-4992
Office: CFH 194 MW 8:45-10:15 a.m. T 8:45-9:45 a.m.
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Class Meetings: Class will begin at 5 minutes after the hour and conclude by 15 minutes before the hour to allow time for changing into bathing suits.

Class attendance and participation: 50% of grade. Getting in the water and participating every class is important. Two absences/late arrivals/early departures/attendance without swimming are allowed without penalty. Two points will be deducted for each additional absence and 1 point deducted for each late arrival/early departure/attendance without swimming.

Swimming skills: 50% of grade.

- Challenge 1: Bobbing and rhythmic breathing for 5 consecutive minutes (5 points)
- Challenge 2: Survival float 10 minutes (5 points)
- Challenge 3: Tread water 1 minute (3 pts); pick up item in 5 ft depth (2 pts); jump deep water and swim to other side (5 pt).
- Challenge 4: Swim length of pool freestyle good form (5 points)
- Challenge 5: Swim length of pool breaststroke good form (5 points)
- Challenge 6: Swim length of pool elementary back stroke good form (5 points)
- Challenge 7: Swim length of pool backstroke good form (5 points)
- Challenge 8: Swim length of pool sidestroke good form (5 points)
- Challenge 7: Jump or dive, swim on front, change to back 1 length (5 pts).

Equipment: Secure fitting swimsuit, one or more towels. Goggles and eardrops are recommended.

Class activities include moderate to vigorous exercise. If a student has a medical condition that would put him or her at undue risk, the student must inform the instructor upon knowledge of such condition.