PHED 1240: Swim for Fitness

Instructor: Mr. Todd E. Layne

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Class Times:12:30-2:00 MTWRF

Office Hours:By Appointment

Course objective:

To increase knowledge and skill proficiency related to swim strokes while promoting health and physical activity through aquatic exercise.

Course Outline:

Introduce 3 main swim strokes: freestyle, breaststroke, and back stroke. Increase cardiovascular fitness by prescribing swim workouts, either longer sustained swimming, interval swimming, or use of kickboards and pull buoys.

Required Equipment for Class:

Text: PHED Portal

* Swim cap or rubber-band

(*Long hair should be securely fastened away from your face; it is both a safety and a hygiene issue.)*

* One Piece Swim suit (*Two pieces or bikinis are unacceptable*.)
* Towel
* Goggles
* Positive attitude ☺

**PLEASE DO NOT WEAR THE FOLLOWING ITEMS TO CLASS**

* Two piece/ bikini swim suits, cut-off blue jeans, gym shorts, necklaces, metal bracelets, and earrings extending beyond your earlobe.

**(I WILL NOT BE RESPONSIBLE FOR “WATCHING OR SUPERVISING” JEWELRY DURING CLASS.)**

Assessment:

Participation 40 pts

Portal 20

Skills Test 15

Training Log 15

Team Role 10

Total 100 pts

Grading:

A= 90-100 pts

B= 80-89

C= 70-79

D= 60-69

F= <59

**Physical Activity and Wellness Program (PAWP) Attendance Policy:**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving ***tardy to class will lose 1pt from their participation grade*** per offense. ***Unexcused absences cannot be made up*** and, ***after 1***, will result in a ***5 point deduction from the student’s participation grade*** per absence. ***Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA*** (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, ***students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA.*** If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

***Excused absences will be treated as follows:***

1. Students must provide the instructor with a ***valid excuse upon returning to class*** (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and
2. ***Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.***

***If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.*** There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.

Other:

***Accommodations:*** Students who need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternative time can be arranged. To set up this meeting, please contact me by e-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with the Program for Students with Disabilities at 1244 Haley Center, 844-2096 (V/TT).

***Honesty Code*:** The University Academic Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.

***Professionalism*:** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

* + - Engage in responsible and ethical professional practices
    - Contribute to collaborative learning communities
    - Demonstrate a commitment to diversity
    - Model and nurture intellectual vitality

***Syllabus statement of understanding and commitment***

I (print name here)……………………………………………. do hereby acknowledge that I have read this paper syllabus and understand all that is expected of me in this course.

I also understand completely the assessment tasks, the grading policy and the attendance policy.

I understand that this course involves significant commitment to be able to fulfill the requirements of the course.

Signed ……………………………………………………Date………………………….

My confidential code name is……………………………………………………………

(ex… Aubie0907, Big Daddy, t5225, etc…)