

The University of North Carolina at Greensboro
Department of Exercise and Sport Science
ESS 151 Beginning Swimming

Meeting Place: HHP Pool 201
Day & Time: Tuesdays & Thursdays
1100-1215am

Instructor: Laura Richards
Phone: 882-6874
Email: larchrds@aol.com

Course Description Beginning swimming is designed for students who are comfortable in the water. Basic swimming skills, strokes and safety techniques will be covered in the course.

Course Objectives

1. The student will learn American Red Cross swimming strokes, skills and basic lifesaving techniques.
2. The student will recall, understand and apply the various skills covered in the course.
3. The student will observe his/her own improvement through class performance and through written evaluation.
4. The student will develop an appreciation for swimming as a lifetime activity for fitness and enjoyment.

TEXT: American Red Cross Swimming and Diving

Attendance Policy

1. Attendance will be taken at the beginning of each class.
2. Student's grade will be lowered by one letter grade for each unexcused absence over three.
3. The following scale will be applied to your final grade according to your attendance.

0 absences = +3 points	3 absences = +0 points	6 absences = -3 letter grades or F
1 absence = +2 points	4 absences = -1 letter grade	
2 absences = +1 point	5 absences = -2 letter grades	

Student information

1. All students need to bring a small pencil and notebook to class.
2. Please do not bring valuables to class.
3. We will begin class at 11:00 am, and will allow enough time for showers and dressing at the end of class.

Attire

1. Bathing suits and towel must be supplied by the student.
2. One piece bathing suits are required for women.
3. No cut-offs, gym shorts or jewelry is to be worn in the pool.
4. Students should purchase a pair of goggles from a local sporting goods store; swim cap is optional.

Pool Safety Rules

1. Never swim alone.
2. No one is to use equipment unless instructed to do so.
3. No horseplay, running or pushing on the deck.
4. No shoes, food, bottles, glass or sharp objects in the pool area.
5. Immediately inform the instructor if you see a safety hazard.
6. Diving is permitted only from the diving board.
7. Shower before entering the pool.

Evaluation

- | | |
|---|-----|
| 1. Class work: includes participation, class performance, mid-term test | 15% |
| 2. Swimming, safety skills: | 60% |
| 3. Final written exam: | 25% |

Mid-term test: Tuesday, October 7
Final Exam (written): Tuesday, December 2
Skills test : Thursday, December 4

Grading Scale: A = 92 – 100 D = 70 - 76.9
 B = 85 - 91.9 F = 69.9 and below
 C = 77 - 84.9

Discussion Topics

Basic Principles of Swimming

Buoyancy
Physical laws
Leverage

Water safety topics

Identify and correct aquatic hazards
Drowning: Causes and prevention
Emergency action plans and EMS system
Rescue breathing
Elementary forms of rescue

Water Skills

Shallow water adjustment
Breath holding and rhythmic breathing
Front and back floats, glides and kicks
Combined strokes on front and back

Strokes

Elementary back stroke
Front crawl
Side stroke
Introduction to back crawl
Introduction to breaststroke
Rhythmic breathing with all strokes

Deep water adjustment

Leveling off
Underwater swimming
Treading water
Changing direction and turning over
Front dive

Safety skills

Survival floating
Use of PFD's
Elementary forms of rescue
Boating safety