FITNESS SWIMMING 2014-2015

**INSTRUCTOR:** Mr. Hammond

**OFFICE:** 309 Pool

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**COURSE DESCRIPTION:**

Fitness Swimming is a class designed for the advanced swimmer. Students are expected to be able to complete 500 yards on the first day of class. This course will teach students to understand, develop and use aerobic and anaerobic training in their daily lives and will teach the student the benefits of fitness swimming on lifelong health. It is designed to help the student develop their ability to write and implement their own workouts for the class and for their lifespan of health and wellness. The major emphasis will be on safety, hydrodynamics and fitness.

**COURSE OBJECTIVES AND OUTCOMES:**

1. Explore, identify, and assess the benefits of swimming and its effect on lifetime health

2. Recognize and apply fitness swimming terms and concepts.

3. Develop, demonstrate and apply the knowledge and sequences necessary to develop an individual swimming fitness program.

1. Demonstrate and apply knowledge and concepts of aquatic fitness
2. Demonstrate and apply the principles of safety and etiquette in fitness swimming.
3. Students will be able to assess, achieve and understand the responsibility to maintain physical fitness by: identifying and differentiating muscle groups in pursuit of maintaining and improving fitness.
4. Students will be able to demonstrate the social, cognitive and psycho-motor principles, implications and benefits from involvement in physical activities by applying and demonstrating safety techniques of aquatics to self and others.

**NO DRESS POLICY:** Students are required to be dressed out everyday. If a student is not properly dressed in any manner, he or she will not be able to participate and will lose his/her points for that day.

**ATTENDANCE POLICY:** It is important for students to attend class every day. Physical Education is a **PARTICIPATION** based class. Make-ups are difficult and are done only at the discretion of the instructor. It is your responsibility to be in class on time and ready to participate. Three truancies and seven non-school related absences (excused or non-excused) would result in the student being placed in failing status. Students who are late to class/tardy will lose 5 points.

**REQUIRED ACTIVITIES:**

1. Introduction of swimming Strokes/Drills/Training (Freestyle, Backstroke. Breaststroke)

2. Water Safety/Lifesaving and pool etiquette

3. Daily Aerobic Swimming and development of written workouts for personal use.

4. Water Sports and Games

**Grading Criteria:**

All students can earn up to 5 points per day. If the student does not meet expectations in any of the following categories, 1 point is deducted for that category.

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| --- | --- | --- |
|  | **Meets/Exceeds Expectations** | **Expectations Not Met** |
| **Attendance** | Present**(1 Point)** | Absent**(Student is entered as exempt for excused absences)** |
| **PE Ready**(Prepared for class) | Dressed outOn timeReady to stretch in assigned squads**(1 Point)** | Not dressed outTardy**(0 Points)** |
| **Warm-up/Cardio**(Performing all warm-up, strength, and cardio activities, demonstrating skill knowledge) | Fully engaged**(1 Points)** | Did not participate/Partial Participation**(0 Points)** |
| **Activity**(Participating fully and appropriately, demonstrating skill knowledge) | Fully engaged**(1 Point)** | Did not participation/Partial Participation**(0 Points)** |
| **MS Student Code of Conduct**(Doing the right thing) | Follows the Millard South code of conduct**(1 Point)** | Does not follow the Millard South code of conduct**(0 Points)** |

**Grading Scale:**

Final grade will be based on percentage of total points earned throughout the semester.

100 – 93 = 1

92 – 85 = 2

84 – 77 = 3

76 – 69 = 4

68 – and below = 5