SADDLEBACK COLLEGE
PHYSICAL EDUCATION & ATHLETICS DEPARTMENT

COURSE SYLLABUS

P.E. 42 – INTERMEDIATE SWIMMING
P.E. 43 – ADVANCED SWIMMING
P.E. 44 – AQUATIC CONDITIONING

INSTRUCTOR: Jennifer Higginson
PHONE: (949) 582-4667
E-MAIL: jhigginson@saddleback.edu
OFFICE HOURS: M/W 10:30am, T/TH 12-1pm or by appointment!
CLASS TIMES: Spring 12-1:30pm

“Students with disabilities who may need accommodations in this class are encouraged to notify the instructor and contact Disabled Student Services & Programs (DSP&S) early in the semester so that reasonable Accommodations may be implemented as soon as possible. Students may contact DSP&S in person in Room 113 or by phone at (949) 582-4885 or (949) 582-4833 (TTY for deaf).”

RECOMMENDED PREPARATION:
PE 41 – none
PE 42 - Successful completion of PE 41 or equivalent or specified skill competencies.
PE 43 – Successful completion of PE 42 or equivalent or specified skill competencies.
PE 44 – Basic swimming ability. (Successful completion of PE 42/43 or equivalent or specified skill competencies.)

TEXT:
(Required) HANDOUT from the website. Look for it under this class.

COURSE DESCRIPTION:
PE 41 This course is designed to introduce basic skills of swimming strokes, floating, diving and safety skills.
PE 42 This course is designed to help students master aquatic strokes and safety skills.
PE 43 This course is designed to introduce advanced swimming and diving skills.
PE 44 This class is designed for lap swimmers who have acquired basic swimming techniques. Students are instructed in workouts which will improve cardiovascular endurance.
ALL Flexibility, exercise, nutrition and proper training techniques will be included in the course of study.
STUDENTS WILL:

PE 41
A. Increase proficiency in the water by learning and expanding floating, breathing and basic swimming skills.
B. Evaluate the merits of swimming as a contributing factor to physical fitness.
C. Demonstrate knowledge of the principles of physical fitness as well as healthy lifestyle choices and evaluate their impact on an individual’s health and well-being.

PE 42 (in addition to the above mentioned)
A. Increase proficiency in the water by expanding swimming skills.
B. Demonstrate skill mastery of all swimming strokes.

PE 43 (in addition to the above mentioned)
A. Analyze and select the most appropriate stroke for development of cardiovascular endurance.
B. Demonstrate and evaluate skill mastery of all swimming strokes.

PE 44 (in addition to the above mentioned)
A. Continue working on mastering the efficiency of each of the swim strokes while developing, maintaining and emphasizing physical fitness through swimming.
B. Developing, demonstrating and evaluating competition skills of swimming.

GRADING:
35%  PARTICIPATION*
20%  SKILLS IMPROVEMENT
20%  ASSIGNMENTS
  5%  Health & Wellness Assignment 1 (Due Monday Jan.31)
  5%  Health & Wellness Assignment 2 (Due Monday March 2)
10%  Completed Handbook (all handouts & assignments) DUE ON FINAL DAY-Mon May 16 12:45-2:45pm
(BONUS 5% to students who turn in a 3 ring binder with assignments Jan. 31)
25%  WRITTEN EXAMS (Monday May 16 12:45-2:45)

* MAKE UPS: A maximum of 4 absences may be made up, 2 of which can be written article/video critiques and 2 can be workouts performed outside of the class. All make-ups need to be presented on a typed letter size paper. Typed workouts need to be detailed as well as heart rates recorded. Typed article/video critiques need to be 1 page in length and include a summary, critique and a copy of the article.

*TARDIES/LEAVING EARLY: After 2 tardies or getting out early, up to 5 points will be deducted from each day.
LATE ASSIGNMENTS: Assignments will be due on Tuesdays. You may turn them in on Thursday and they will not be considered late. If you don’t turn it in until the following Tuesday, then 10 points will be deducted (10 points for each week late).

SWIMMING ATTIRE: Swim suits must be worn by all. No jean cut offs. Long hair should be tucked up into a cap or at minimum tied back. Goggles are suggested for the warm-up swim but not required. Warm towel.

RAINY DAYS: Class will be conducted regardless of weather!

LOCKERS: Please see locker room attendants for locker (women=Kathy Fernandez 8-4, men=Lyle Fossum 6-1, Efren Malagon 1-5)

RULES & REGULATIONS: Compliance with all rules and regulations in the Saddleback College Catalog including student conduct, and academic honesty will be both expected and required. For a summary of the code, please refer to the Student Handbook available to you at registration or in the counseling and matriculation office.