Instructor: Dr. Toni Pfister, Office: Room 716  
Phone: 760.355.6546, E-Mail: toni.pfister@imperial.edu  
Office Hours are Mondays 5:50 – 6:50 pm, Wednesdays from 3:00 – 4:00 pm, Tuesdays/Thursdays from 12:30 – 2:00 pm. Changes are posted on office door. I have many other hours available to meet with you; just drop me a message if you would like to set up an appointment.

Course Description: Supervised swim workouts designed to improve competitive strokes and turns and to enhance cardiovascular fitness. Pre- and post-tests of cardiovascular fitness levels will be incorporated. This course is concerned with teaching the student to fit tune the following strokes: front crawl, back crawl, breaststroke, butterfly, and elementary backstroke. Skills, fundamentals, and safety knowledge are stressed. Stroke analysis, conditioning, and endurance are stressed in the progression of class. (CSU: See a counselor.) Swim courses may be taken a total of four times for credit.

Prerequisites: Student must be able to jump in deep water and swim 50 yards nonstop, including 25 yards of Front Crawl. Recommended Preparation: (Successful) completion of PE 121 & previous swim training.

Course Outcomes: 
Exhibit improved swimming endurance (pre and post testing); create and implement one 45-minute comprehensive aquatic workout (written assignment).

Course Objectives: 
Upon successful completion of the course the student will be able to:
1. Swim 500 yards Front Crawl non-stop.
2. Swim 100 yards Backstroke.
3. Swim 100 yards Breaststroke.
4. Swim 25 yards Butterfly
5. Perform turns for the front crawl, backstroke, breaststroke, & butterfly.
6. Develop a workout incorporating swimming principles such as warm-up, cool down, swim/kick/pull sets, and rest intervals.
7. Demonstrate improved fitness.

SUPPLIES: 
I.V.C. Physical Education – Spring 2010
PE 142 Swimming Advanced, 1 unit, CRN 21030
Class Meets: Tues/Thurs, 8:45 – 10:05 am Mar 23 – June 8, 2010

Evaluation:
Student evaluation will be based on active class participation, practical tests, evaluation of stroke technique, written assignments to include workout development and final exam stressing the principles of swim training.

Participation 65 points
Pre-testing - 03/25 only 5 points
Written Assignment - due 03/30 5 points
Post-testing - 06/01 and 06/03 10 points
Final Project - paper due 06/01 & presentation on 06/08 (see below for more info) 15 points
Total Points possible 100 points

Everyone begins with 65 participation points. Two points are lost when one is tardy, is not ready at the start of class, or leaves during class time.

**Absences count against your points as follows:
No absences - can receive up to 65 points
1 absence - can receive up to 60 points
2 absences - can receive up to 55 points
3 absences - can receive up to 50 points and so on...

Add up your total points from each section. Divide 100 by your total points.
FINAL GRADE: A= 100-90%, B= 89-80%, C= 79-70%, D= 69-60%, F= 59%-below

Method of Instruction:
Methods of instruction may include, but are not limited to, the following:
* Lecture Discussion * Small group work * Laboratory * Audio-Visual
* Collaborative Learning * Demonstration

Attendance
1. You may miss up to 6% of the scheduled class hours. (2 hours)
2. All absences are treated the same (doctor’s appointments, court hearings, illness, accidents, travel, etc.). Two missed classes may be made up at another time as long as pre-arranged with instructor, make-up is conducted in a pool, and form is turned in within one week of absence. All make-ups must be received by the beginning of class on May 27, 2010.
3. **DO NOT** come late to class. This is disrespectful and disruptive to the class. Three tardies equal one absence. Students arriving at 9:00 a.m. or later will not be able to participate in class and will receive an absence for the day.

4. If you plan to leave class early, please let me know. Leaving early or not returning after break can be treated as either a **tardy or an absence**.

**Student Responsibilities**

1. Participate in class discussions and activities.

2. Come to class prepared to workout. No changing clothes on pool. There are locker rooms for changing clothes. You can keep a lock on a small locker all semester.

3. **All assignments must be typed and double-spaced or points will be lost.**

4. If you are having trouble with the course and/or personal problems, communicate with the instructor as soon as possible so as to get the help needed.

5. All exams must be taken as scheduled - no make ups.

6. If you have any form of disability, please inform instructor within the first two weeks so that you may get the assistance you may need.

7. NO DIVING into shallow pool or into water less than 9 feet deep in deep pool.

8. Do NOT enter pool complex unless the instructor is on deck.

9. No dogs, bikes, cameras, visitors, or food in the pool complex. No swearing or put-downs. Keep language "family style".

10. Phones and pagers must be turned off before you enter the pool complex. Using a device on deck will provide the person with an “absence” for that day and can be considered disruptive behavior.

11. Help with pool equipment. Do not swim under pool tarps.

**Schedule of Events** *Schedule subject to alterations at the discretion of the instructor.*

<table>
<thead>
<tr>
<th>Week</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Syllabus Review, Aquatic Safety, Prerequisite Testing</td>
</tr>
<tr>
<td>2</td>
<td>Swim Fitness Pre-testing</td>
</tr>
<tr>
<td>3</td>
<td>Front Crawl</td>
</tr>
<tr>
<td>4</td>
<td>Back Crawl</td>
</tr>
<tr>
<td>5</td>
<td>Breaststroke</td>
</tr>
<tr>
<td>6</td>
<td>Butterfly</td>
</tr>
<tr>
<td>7</td>
<td>Elementary Backstroke, Diving</td>
</tr>
<tr>
<td>8</td>
<td>Building Endurance, Open and Closed Turns</td>
</tr>
<tr>
<td>9</td>
<td>Building Endurance, Small Group Workouts</td>
</tr>
<tr>
<td>10</td>
<td>Practical “Skills” Post-Testing</td>
</tr>
<tr>
<td>11</td>
<td>Final Presentation</td>
</tr>
</tbody>
</table>
I.V.C. Physical Education – Spring 2010
PE 142 Swimming Advanced, 1 unit, CRN 21030
Class Meets: Tues/Thurs, 8:45 – 10:05 am Mar 23 – June 8, 2010

Written Assignment, due on March 30 and not accepted late.
(This will NOT be accepted late. This will only be accepted if it is TYPED.)
Type 1-2 pages including at least one paragraph addressing each of the following:
  a. What is your experience with aquatic activities? What type? How long? Where?
  b. What do you want to get out of this class? Knowledge? Fitness? Preparation?
  c. Have you ever had any bad experiences around water? If yes, explain.
  d. Have you ever had any great experiences around water? If yes, explain.
  e. What is one aquatic goal you are committed to work towards this semester?
  f. What length workouts do you expect to be doing by November? What types of drills do you like?

Final Project: Design, Implement & Critique a Swim Workout

Part I  Design a 1600-2200 yard workout to include (3 pt.) due May 25
  1. Warm Up – easy, skill development
  2. Main sets – consider how many laps and the stroke/water jog movement
  3. Sprints – consider how many laps, minutes, stop watch, etc.
  4. Different things – relay, something fun. At least one activity needs to be something new from internet or book – include reference with final paper.
  5. Cool down – easy, stretching

Part II Implement Your Workout: You and at least one other person follow your plan. (3 pt) When the workout is completed, ask your partner what they liked, didn’t like, or would change. You will have an opportunity to lead your workout on May 25 and 27.

Part III Write a one page paper (4 pt., due June 1) describing the following
  1. Describe the workout and name the person who followed it with you. What went well? How did the “new” activity go? Include the reference.
  2. What would you change?
  3. What did your partner think of your workout?
  4. What did you think of your workout?

Part IV On June 8 you will have an opportunity to discuss how things went (5 pt)

IMPORTANT DATES:
  March 25: Late registration ends. Last day to add and drop.
  May 25: Withdrawal deadline – Last day to drop with “W”