I. INTRODUCTION:

a. The purpose of this course is for students to gain proficiency in the water by improving techniques in six swimming strokes and to create enjoyment in a lifetime activity.

b. This course meets curriculum requirements for the Central Texas college programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of this course, Swimming II, the student will:

a. Acquire skills for a variety of swimming strokes.

b. Know the history, rules, terminology, and thermodynamic principles of swimming for competition and fitness.

c. Develop social values as well as an appreciation for safety in, on, and around water.

III. INSTRUCTIONAL MATERIALS:

a. The instructional materials identified for this course are viewable through www.ctcd.edu/books

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

a. Attend class regularly
b. Be on time
c. Suit out in proper dress
d. Meet required skill level
e. Pass written examinations
GRADE COMPUTATION

- Participation 40%
- Skill Evaluations 30%
- Written Exams (2) and pop quizzes 30%

PARTICIPATION:

Participation grade will include suiting out in proper attire, positive contributions to class, promptness in beginning activities, overall motivation, attitude, and demonstration of good sportsmanship.

ABSENCES AND TARDIES:

- Absences numbers one (1) and two (2) - No penalty.
- Absence number three (3) - 5 points will be deducted from your final grade (based on 100 point scale).
- Absence number four (4) - 10 points will be deducted from your final grade (based on 100 point scale).
- Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- Two (2) points will be deducted from your final grade for each tardy.
- There will be no make-up classes.

The student will be required to provide a documented excuse when he/she misses either written exams or skills tests. It will be his/her responsibility to arrange with the instructor to make up the exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

CLASS ATTIRE:

The student must wear a bathing suit designed for swimming activity. Men must wear swim trunks with liners (no regular street shorts). Women must wear conservatively cut one-piece bathing suits. No street clothes, t-shirts, or shoes in the pool area. Water shoes specifically designed for aquatics and swim caps are not required but may be worn upon approval from the instructor. Students who fail to suit out in proper uniform will not be allowed to participate and will be counted as absent.
IMPORTANT SAFETY NOTES:

Due to the sanitation issues surrounding water activities, if a student has an open wound, is bleeding, or cannot participate in the water for any reason, the student must contact the instructor before the scheduled class. The situation will be discussed and upon approval from the instructor, arrangements may be made for a make-up on an individual basis.

Students are expected to shower before entering the pool each day.

ADDITIONAL NOTES:

Due to liability and other reasons, please do not bring any children to class.
Students are expected to suit out every class period. Failure to suit out will result in a recorded absence.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

SKILL TESTS:

Front crawl with rotary breathing 50 yards
Back crawl 50 yards
Elementary backstroke 50 yards
Breaststroke 50 yards
Sidestroke 50 yards
Dolphin Kick
Open turns (front)
Survival float two minutes
Tread water three minutes using three different kicks.
20 minute swim