

MONTGOMERY COLLEGE

Health Enhancement, Exercise Science, and Physical Education
Rockville Campus

PHED 131 Swimming for Fitness

COURSE SYLLABUS

Course Information

Credit Hours: 1
Meeting Times:

Location: PE Swimming Pool
Prerequisites: Intermediate skills
Assessment level: READ099/AELR930

Instructor Information

Course Description

Swimming for Fitness is an individualized exercise program designed to develop fitness as well as to develop muscular strength and tone, and to improve flexibility. Interval training workouts which increase heart rate and energy expenditure are performed in conjunction with long distance swims. Updated training methodology and conditioning principles are applied to distance swimming. Special emphasis is placed on a personalized training program. This course does not include stroke technique.

Course Objectives

1. The student will design an individualized training program based on present swimming capabilities.
2. The student will properly adapt workouts to his/her own capabilities and according to time restraints in order to sustain motivation and progress.
3. The student will maintain activity at his/her optimal work capacity through adherence to proper intensity levels and target training zone.
4. The student will perform proper warm-up and cool-down exercises to develop flexibility and prevent injury.
5. The student will utilize various swimming aids safely and correctly as part of the individualized program.
6. The student will develop speed, endurance, and technique in swimming skills.
7. The student will satisfactorily complete a written final examination.
8. The student will complete a course evaluation at the completion of the semester.

Required Text

Marianne Brems (1984). *The Fit Swimmer: 120 workouts & training tips*. ISBN: 978-0809254545

Equipment/Attire

Required: Swimming suit, goggles and towel

Optional: Swim cap

Course Requirements/Policies*

Attendance: The student is expected to attend all class sessions. Any accumulation of three absences (two for 10 week classes) may result in failure of the course. The student is expected to be on time to class. Three "lates" equals one absence. Missing more than 20% of any class session is an absence.

Participation: Each student is expected to participate in all class sessions. If the student attends class but is unable to participate, no participation points are earned. The student has the opportunity to practice missed skills by attending another class session with prior permission of the instructor.

Extra Credit: The student may receive extra credit by participating in at least a thirty minute session of open swim. This is not considered a make-up for non-attendance.

Credit/Auditing: The student who audits the course is responsible for fulfilling the course requirements listed herein.

Grading**

The student will be graded in each of the following areas:***

Attendance and completion of daily workouts*	150
Workout adaptations	40
Heart rate assignment	10
Various workout (endurance, speed, and mixed)	30
"Terms/Toys" workout	10
Course evaluation	10
Final examination	<u>50</u>
TOTAL**	300

*To succeed in this course, extra practice may be necessary based on fitness and skill level of each student. Like any other course, homework (extra practice) is beneficial.

**A=270-300; B=240-269; C=210-239; D=180-209; F=0-179

***Failure in one or more areas may result in loss of credit for the entire course.

Classroom Policies

Academic Dishonesty

All students are expected to achieve their goals with academic honesty. Cheating, plagiarism and/or other forms of academic dishonesty or

misconduct, examples of which are to be found in the Student Code of Conduct in the Student Handbook, are not tolerated. Students caught violating the code of conduct will receive a grade of zero for that assignment/test. The student will receive the grade of "F" for the course if there is a second incident.

Classroom Conduct

1. All students are expected to conduct themselves according to the standards of behavior discussed in the Student Handbook or at the main college website. I reserve the right to eject any student who is rude or disruptive.
2. Students need to be on time and prepared for class. It is very disruptive for students to arrive late or leave during class. You are expected to remain in class the entire time. If you are frequently late, I reserve the right to drop you from this class for lack of attendance.
3. Beepers, alarms and phones are disturbing to me and to others, please silence them and put them away when you enter the class.
4. Food and drink are not permitted in the classroom. Water is acceptable.
5. You are expected to show respect and courtesy to the other students and the professor. See your student handbook for further information. This includes no cursing, loud talking, or interrupting.

Support Services

A student who may need an accommodation due to a disability should make any appointment to see me during my office hours. A letter from Disability Support Services (DSS) authorizing your accommodations will be needed. The DSS office is located in CAB 122 and may be reached by phone at 240-567-5058.

Student e-mail

Student e-mail using the montgomerycollege.edu server is an official means of communication for the College; check it frequently for general College announcements. For this class, however, e-mail will only be used in emergency situations.

Course Schedule

In order to create an environment for success, the progression of this class will depend upon the skill and fitness level of the individuals in this section.