Sul Ross State University
P.E. 1156
Swimming – Fall - 09

Instructor: Kay Whitley **Office**:GC 105 **Phone**: 8229
Class Time: MW 1:00 **Meeting place**: Sul Ross Pool
E-mail: kwhitley@sulross.edu **Office Hours**: - MWF – 8:30-11:30
TT – 9:30-11:30; 2:00-3:00

Course Objective:

To allow students to improve the quality of their swim strokes while developing an appropriate level of conditioning and knowledge of water safety. Students will improve their knowledge of swim mechanics and apply that knowledge to their own swimming technique. The strokes that will be covered will include freestyle, back crawl, side stroke, breaststroke, elementary backstroke, and dolphin kick.

Grade Requirements:

The final grade is determined by attendance, participation, and a basic understanding of swim mechanics and water safety

Attendance grade: Based on number of absences and participation; after 6 absences a student will be dropped from the course
After two absences the following scale will be used:
The next 2 absences will count off 5 points per absence, subsequent absences will be 10 points off. The starting grade is 100.

Participation grade: Two days of nonparticipation equals one absence.

Tests: there will be one to two tests given over swim mechanics and/or the history of swimming and/or a swim skills test and/or a water safety test.

Final Grade:

Attendance and participation makeup 90 % of the final grade; tests are 10% of the final grade.

90-100 = A	60-69 = D
80-89 = B	59 and below = F
70-79 = C	

Attire:

Proper swimwear is required; no cut-offs are allowed in the pool.

EVERYONE MUST SHOWER BEFORE ENTERING THE WATER

*Qualified students with disabilities needing academic or other accommodations to ensure full participation in the programs, services and activities at Sul Ross State University should contact, Disability Services Coordinator, UC 211, Box C-171, Alpine, Texas 79832 (432-837-8178).