

Syllabus for  
**HPER 024—Intermediate Swimming**  
1 Credit hour  
Spring 2004

I. COURSE DESCRIPTION

Designed to increase aquatic abilities by adding to the skills learned in the beginner course.  
Prerequisites: HPER 001 and HPER 002; or GHPE 503. Passed Swim Proficiency test.

II. COURSE GOALS

The purpose of this course is designed to help the student do the following:

- A. Develop the basic swimming skills.
- B. Identify health and safety factors related to water.
- C. Develop an appreciation of the social, economic, and entertainment aspects of swimming in American life.
- D. Understand and appreciate how swimming fits into the aerobic program.

III. COURSE OBJECTIVES

As a result of successfully completing this course, the student will be able to do the following:

- A. Describe and demonstrate the fundamental principles of swimming: buoyancy, propulsion, body position, balance, relaxation, breathing, coordination.
- B. Demonstrate the ability to safely handle themselves in deep water and to pass the 500m swimming test for distance, which will improve stamina and basic coordination.
- C. Describe and demonstrate certain principles of health and safety related to swimming, including elementary forms of rescue, artificial respiration, and information concerning courses and prevention of accidents.

IV. TEXTBOOKS

- A. Required Textbooks  
ORU Aerobic Activity Log book.
- B. Recommended Reading Material  
The American Red Cross. (1996). Revised. Swimming and diving. St. Louis: Mosby.

V. POLICIES AND PROCEDURES

- A. University Policies and Procedures
  1. Attendance at each class or laboratory is mandatory at Oral Roberts University.
  2. Double cuts will be assessed for absences immediately preceding or following holidays.

3. Excessive absences can reduce a student's grade or deny credit for the course.
4. Students taking a late exam because of an unauthorized absence will be charged a late exam fee.
5. Students and faculty at Oral Roberts University adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, video, multimedia, or computer software.
6. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.

B. Department Policies and Procedures

1. Field Test Policy
  - a. must be taken every semester in each enrolled activities class.
  - b. must be administered by students' activities class instructor during the scheduled class time.
  - c. automatic failure for cheating on field test or assisting another to cheat.
2. HPER 024 course may only be taken twice for credit. Additional 024 classes may be taken but will not count toward ORU/HPER activity requirements for graduation.
3. Class Attendance  
Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences	Letter Grade Subtracted From Final Grade
1-3	0
4	1
5	2
6	3
7	Fail the Course

Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.

C. Course Policies and Procedures

1. Swimsuits are required. There will be no cutoffs, walking shorts, or gym shorts allowed. Females must wear one-piece swimming suits. Males must wear swim trunks.
2. Evaluation Procedures
  - a. Health Fitness
 

(1)	Aerobic Points	10%
(2)	Field Test	30%
(3)	Body Composition	5%
	Students currently over the maximum body composition standard (20% men/30% women) should enroll in HPER 092—Exercise and Weight Control <b>and</b> drop this class.	
(4)	Body Mass Index (BMI)	5%
  - b. Class Participation, Outside Practice, Skills Test, Written Exam 50%

c. Grading for the courses is as follows:

A=90%

B=80%

C=70%

D=60%

Less than 60% = 'F'/Failed Course

### 3. Health Fitness Standards

#### **BODY COMPOSITION — MEN**

Levels of Fitness	Points Toward Grade	Under 25	25-34	Age 35-44	45-54	55+
Unhealthy	0	<5%	<5%	<5%	<6%	<7%
Healthy	5	5-16	5-16	5-17	6-18	7-19
Unhealthy	0	>16	>16	>17	>18	>19

#### **BODY COMPOSITION — WOMEN**

Levels of Fitness	Points Toward Grade	Under 25	25-34	Age 35-44	45-54	55+
Unhealthy	0	<15%	<15%	<15%	<16%	<17%
Healthy	5	15-26	15-26	18-27	16-28	17-29
Unhealthy	0	>26	>26	>27	>28	>29

#### **AEROBIC POINTS (Average Weekly Amount for 13 Weeks)**

<u>Level of Fitness</u>	<u>Points Toward Grade</u>	<u>Weekly Aerobic Points</u>
Excellent	10	50+
	9	45
Good	8	40
	7	35
Average	6	30
	5	25
Fair	4	20
	3	15
Poor	2	10
	1	5

**FIELD TEST STANDARDS**  
**3-MILE RUN, 7 \_-MILE CYCLE, AND 1,100-METER SWIM**  
(Women add 3 minutes to each time below)

<u>Level of Fitness</u>	<u>Points</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+</u>
Excellent	30	21:00	22:00	23:00	24:00	25:00
	28	22:00	23:00	24:00	25:00	26:00
Good	26	23:00	24:00	25:00	26:00	27:00
	24	24:00	25:00	26:00	27:00	28:00
Average	22	25:00	26:00	27:00	28:00	29:00
	20	26:00	27:00	28:00	29:00	30:00
	18	27:00	28:00	29:00	30:00	31:00
Fair	16	28:00	29:00	30:00	31:00	32:00
	14	29:00	30:00	31:00	32:00	33:00
Poor	12	30:00	31:00	32:00	33:00	35:00
	10	31:00	32:00	33:00	35:00	37:00
Very Poor	8	32:00	33:00	35:00	37:00	39:00
	6	33:00	35:00	37:00	39:00	41:00
	4	35:00	37:00	39:00	41:00	43:00
	2	37:00	39:00	41:00	43:00	45:00

---

**3-MILE WALKING**  
(Women add 2 minutes to each time below)

<u>Level of Fitness</u>	<u>Points</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+</u>
Excellent	30	33:00	35:00	37:00	39:00	41:00
	28	34:00	36:00	38:00	40:00	43:00
Good	26	35:00	37:00	39:00	41:00	45:00
	24	36:00	38:00	40:00	43:00	47:00
Average	22	37:00	39:00	42:00	45:00	49:00
	20	38:00	41:00	44:00	47:00	51:00
	18	39:00	43:00	46:00	49:00	53:00
Fair	16	41:00	45:00	48:00	51:00	55:00
	14	43:00	47:00	50:00	53:00	57:00
Poor	12	45:00	49:00	52:00	55:00	59:00
	10	47:00	51:00	54:00	57:00	61:00
Very Poor	8	49:00	53:00	56:00	59:00	63:00
	6	51:00	55:00	58:00	61:00	65:00
	4	53:00	57:00	60:00	63:00	67:00
	2	55:00	59:00	62:00	65:00	69:00

## VI. COURSE CALENDAR

Week	Day	Event	Outside Swim
1	1	Orientation	
	2	Stretching/pool orientation	
2	3	Evaluate class ability—skill test	100m
	4	Front crawl stroke—review kick and arm movement	
3	5	Back crawl stroke—review kick and arm movement	200m
	6	Body Mass Index (BMI)	
4	7	300-meter swim—back crawl stroke—review timing—10 minute swim	300m
	8	Elementary backstroke—review kick and arm movement. Diving (pool side)	
5	9	400-meter swim—elementary backstroke—review timing—back crawl	400m
	10	Breaststroke—review kick and arm movement	
6	11	Breaststroke—review timing and breathing	400m
	12	Sidestroke and elementary life saving skills	
7	13	500-meter swim (distance)	500m
	<b>14</b>	<b>3-mile Walking/Running Field Test</b>	
8	15/16	600-meter swim	600m
9	17	H.E.L.P. and Huddle	700m
	18	Skill Test — surface dive	
10	19	800-meter swim	800m
	<b>20</b>	<b>Skill Test</b>	
11	21	1,000-meter swim	900m
	<b>22</b>	<b>Skill Test</b>	
12	23	1,000-meter swim	1,000m
	24	Review for Written Exam	
13	<b>25</b>	<b>Swimming Field Test</b>	1,100m
	<b>26</b>	<b>Written Knowledge Exam</b>	
14	<b>27</b>	<b>Swimming Field Test — 1,100 meter distance</b>	1,100m
	28	Verify test. Aerobic points due to instructor during this class.	

## VII. ASSESSMENT SUMMARY

Conte, Lora  
Name of Instructor

HPER 024  
Course Number

Intermediate Swimming  
Title of Course

HPER  
Name of Department

### MISSION

The lifestyle at ORU is rooted in the word "Wholeness." ORU seeks to educate the whole person, with balanced emphasis placed on the development of mind, spirit, and body.

### GENERAL OUTCOMES

1. Spiritual Development
2. Physical Development
3. Communication
4. Analysis
5. Problem Solving
6. Valuing in Decision-making
7. Social Interaction
8. Global Perspectives
9. Effective Citizenship
10. Aesthetic Responsiveness

### MAJOR OUTCOMES

#### **Physical Development**

Providing students an opportunity to develop competency appropriate to the sport.

#### **Social Interaction**

Participate as a team member and instill good sportsmanship.

#### **Analysis**

Providing students with the knowledge for the improvement of skills in the sport.

### COURSE GOALS

To demonstrate improvement and to instill development and knowledge.

To demonstrate aerobic fitness development through participation in aerobic activities.

### ASSESSMENT OF COURSE GOALS

#### STIMULI

- Skills Test
- Field Test

#### CRITERIA

Field test	30%
Aerobic Points	10%
Body Composition	5%
Body Mass Index	5%
Skill Text	25%
Participation	10%
Written Exam	10%
Outside of Class Practice	5%