

PED 205

Proficiency in Swimming Skills

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HEC Office Hours: Mondays and Wednesdays 2:00pm – 3:00pm. All other times may be scheduled by appointment.

Course Description:

The primary goal of this class is to give the students an opportunity to develop competent swimming skills and planning so they may teach K-12 students upon graduation. Class is going to be highly engaging where the development of the different styles of swimming strokes will be practiced at every class. Students will learn and plan their own lessons for a K-12 swimming course and implement a game play activity during class. Majority of this class will focus on swimming skill and safety so it may be implemented in future teaching opportunities.

Course Objectives:

At the conclusion of this course the student will:

1. Swim proficiently using swimming strokes as follows:
 - a. Front crawl
 - b. Back crawl
 - c. Side stroke
 - d. Elementary back stroke
 - e. Breast stroke
 - f. Butterfly
2. Tread Water up to 5 minutes
3. Plan activities, development and games that meets the standards of a K - 12 swimming unit
4. Teach an activity that is fun and compliable to a K -12 swimming unit
5. Leave this course with an understanding of fundamental swimming skills that will be applied to their future teaching applications

Grading:

130 pts.

Skills Test:

Consider this your final exam: A skills test will be given on the last day of the course (you may test out early if you feel comfortable in your swimming stroke). Each student will be required to swim and complete one length of the pool performing a level 4 for each stroke listed above. 20 points are awarded for each swim stroke assessed at level 4. If you fail to meet proficiency level of 4 for a swimming stroke 3 points will be deducted for each level you are below. You will be given a maximum of 2 tries to achieve your highest score. If you choose to test out early – you still only get a maximum of two tries throughout the entire duration of the course. You will not be given the opportunity to attempt the skill 2 times each week. You will also be assessed on your ability to tread water – completing a 5 minute tread will award you 10 points.

60 pts.

Lesson Planning

2 lesson plans are to be completed upon completion of this course. Your first lesson will be completed within the weeks 2 – 4. You will plan for a 30 minute, elementary based lesson. The teaching schedule listed within D2L will confirm your teaching date. Your second lesson will be completed within the weeks 5 – 7. You will plan for a 30 minute, secondary based lesson plan. Lesson templates will be provided and a hard copy will be turned into the instructor the day you are scheduled to teach. A total of 3 lesson plans will need to be printed out and brought to class. You will need 1 copy for the instructor and 2 copies for your peer evaluators. If you fail to provide a hard copy of your lesson – your grade will automatically be recorded as a 0 for that assignment.

40 pts.

Reflection

Each week, 1 member of your group will be teaching a lead 30 minute lesson. At the completion of the lesson (if you did not lead teach) you will complete a peer review reflection based on teaching performance, evaluation of lesson, and comparison of content listed in lesson to what was taught during class. Each group will be given roughly 5 – 10 minutes after the completion of the reflections to debrief with their peer who had just taught. Once the debriefing session is over – Each reflection will be turned in to the instructor.

70 pts.

Participation and attendance.

Each student is required to attend each class and participate in the swimming strokes to the best of their ability. Failure to attend or participate in 1 class will result in a 5 point deduction.

Total: 300 pts.

Grading Scale:

100%-90% =A
89%-80% =B
79%-70% =C
69%-60% =D
Below 60% =F

Additional Information:

Be prepared each class with your swimming trunks/suit, goggles, towel and ear plugs (if necessary). There will be times that we may be in a classroom, it is advised to bring an extra pair of clothes that you don't mind getting wet. You will not be permitted to go to the locker room and change during class due to class time being so limited.

FIRST CLASS WILL MEET IN THE SWIMMING CLASSROOM LOCATED IN THE POOL AT 8:00am January 23rd.