

Course Syllabus: Advanced Aquatics, Fall 2016**Instructor: M. Johnson****Room: Gym/Harris County Community Center****Contact: 706.628.4278****email: johnson-m@harris.k12.ga.us**

Course Description:

Students will improve health related fitness components through a variety of physical activities with an emphasis on swimming. Students will refine the four swimming strokes: front crawl (freestyle), backstroke, backstroke, and breaststroke. Students will participate in drills and games that improve their swim strokes. Students will participate in strength training exercises specific to swimming. Students will also learn about water safety and emergency situations.

Course Objectives:

- Improve cardiovascular fitness, muscular strength/endurance, flexibility, and body composition through a variety of physical activities
- Enhance fitness levels through swimming....understand swimming terminology
- Assess current fitness levels and formulate a plan for improvement

Class Activities:

- FITNESSGRAM TESTING (mile run, push-ups, curl-ups, sit and reach)
- Swimming
- T-25
- Walking, Jogging, Running
- YOGA
- Ab workouts
- Swim skill videos

Required Materials:

- Swim Suit (one piece for girls...boys wear jammers or long swim shorts)
- Swim Cap
- Goggles
- Regular P.E. clothing (t-shirt, shorts, tennis shoes)
- Towel

(Swimoutlet.com has great prices on swim apparel)

PLEASE HAVE SWIM GEAR BY MONDAY, AUGUST 15TH

Grading:

- | | |
|-----------------|-----|
| • Dress | 25% |
| • Participation | 65% |
| • Tests | 10% |

Expectations:

- Understand that participating in a workout program benefits YOU! Be positive and ready to work out each day
- This is an advanced swim course, therefore students must be able to swim and familiar with the swim strokes, swim underwater, and tread water
- Students must be able to swim underwater and tread water
- Dress and participate everyday

- Bring the following items to class each day: t-shirt, shorts, socks, tennis shoes, swim suit, goggles, cap, and towel. The plan is to swim at the community center on Monday, Tuesday, Thursday, and Fridays. Wednesdays we will have class in the school gym. However, occasionally the community center pool will be closed due to maintenance or other issues. So please be prepared each day for this by having regular gym clothes.
- Students will be excused from physical activity with a doctor's note only. The note needs to be detailed as to what you cannot do in class. Alternate assignments will be given.
- Purchase a lock and secure belongings in a locker to ensure items are not stolen.
- Cell phones are not permitted during class time. Lock them in a locker.

CLASS PROCEDURES FOR SWIM DAYS AT COMMUNITY CENTER:

- Report promptly to the gym by 1:40.....get in attendance line...the bus will pick us up at 1:45...if you miss the bus, stay in the gym with Coach Bradley's class...if you drive you **MAY NOT** DRIVE TO THE COMMUNITY CENTER
- Report directly to the dressing room at the community center to change into swim gear...proceed to the pool deck...remain on the pool deck until I give the class instructions
- After class report directly to the dressing room....EVERYONE MUST RIDE THE BUS BACK TO THE HIGH SCHOOL....please dress quickly to avoid being late back to the school. The bus will pick us up at 3:00

CLASS SCHEDULE:

- **MONDAYS, TUESDAYS, THURSDAYS, and FRIDAYS:**
 - Classes will be held at the COMMUNITY CENTER beginning Monday, August 15th
- **WEDNESDAYS:**
 - The community center is closed on Wednesdays. Classes will be held at the high school. Activities will include running, stretching, abdominals, yoga (these activities improve FITNESSGRAM test scores), and swim skill videos

Advanced Aquatics Course Syllabus

M. Johnson, Instructor

Parents and students please sign and return this form indicating you have received, read, and understand all items contained in the course syllabus. Please contact me (email is best) with any questions or concerns.

Parent signature/email address

Student signature/email address

